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MAKE 2020 YOUR BEST YEAR EVER! P94

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CARBS ARE THEY REALLY THE ENEMY?

All your questions answered P84

OUTSMART YOUR HUNGER AND LOSE WEIGHT FOR GOOD! P102

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SPECIAL OFFER
Turn to page 136 and subscribe to 6 issues of *Diabetic Living*, and you'll receive a second year (6 issues) for FREE.

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Everything you ever wanted to know about carbs

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OUR EXPERTS

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Elissa Renouf
Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman
Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen
Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg
Exercise physiologist & diabetes educator

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay
Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

Find your 2020 vision

OK, I know it's February and not the first of January, but I'm a big believer that it's always a good time to decide that this is going to be a great year! We've got some fab strategies to make 2020 outstanding in our feature on page 94. What changes would you like to make this year?

Carbs are a hot topic these days – should we eat them? How much is too much? What's a good carb? There's a lot of conflicting information and, of course, everyone's needs are different so we dive into the issue and discover the facts. Turn to page 84 to find out more. Then check out our low-carb desserts (page 70) for a sweet treat.

March 13-20 is Coeliac Awareness Week, so we've included a special feature on gluten-free recipes (like our fabulous pizza cover star!) to help those of you who need to avoid gluten (page 38) as well as the story of seven-year-old Eddie who has both type 1 and coeliac disease – with the help of his parents he's tackling both these challenges head-on (page 112).

Many people have faced challenges of a different kind this summer as Australia was ravaged by bushfires. I live in a semi-rural area so we've made sure all our water tanks are full, fire hoses are in place and our emergency plan is clear. If you're in a position to help those affected, you'll find information on page 10 about how to donate unused diabetes supplies. Last January we ran a feature on how to create a diabetes-specific emergency first-aid kit – we're running it again in this issue so you'll have it on hand in case the worst happens – see page 100. Hopefully you'll never need to use it.

A new addition to our regular line-up is a puzzles page (page 130). I'd love to hear what you think. We love getting feedback from readers so we can continue to create a magazine that works for you! So, feel free to email us with your comments.

Alix

Alix Davis, Editor

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Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

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NEXT ISSUE ON SALE 16 APRIL

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@pacificmags.com.au**

*Any questions regarding your diabetes, talk to your **health-care team.***

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

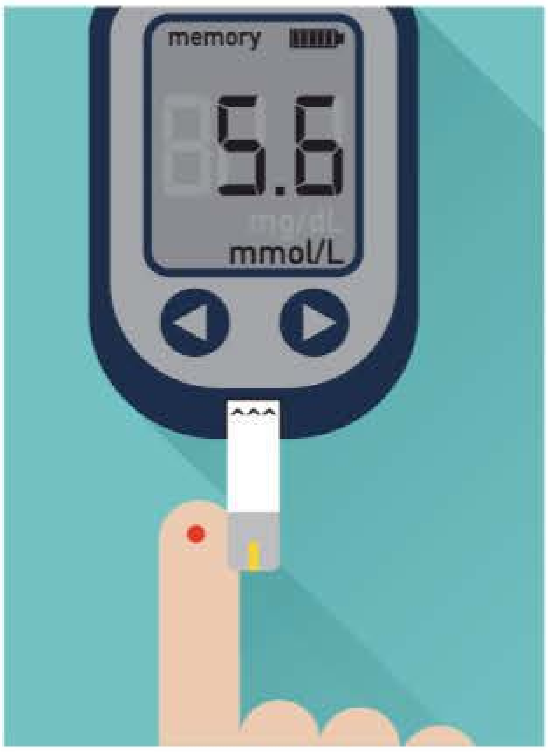
START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.



- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

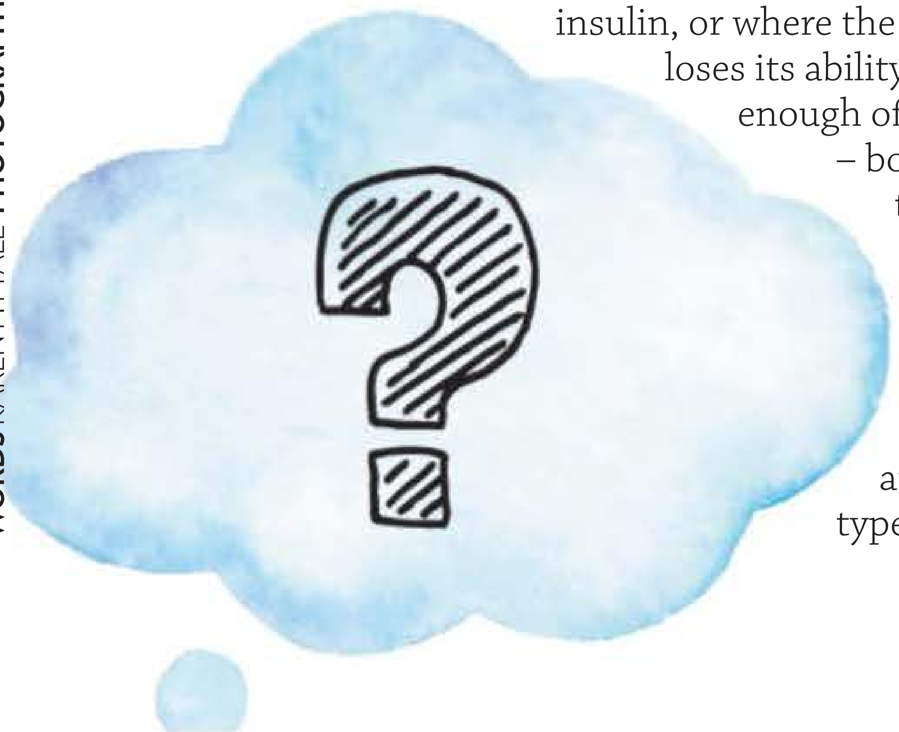
TYPE 1 AND TYPE 2...

What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

> Losing just 5% of your body weight can have a positive impact.

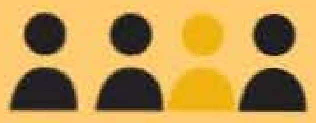


WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthylife

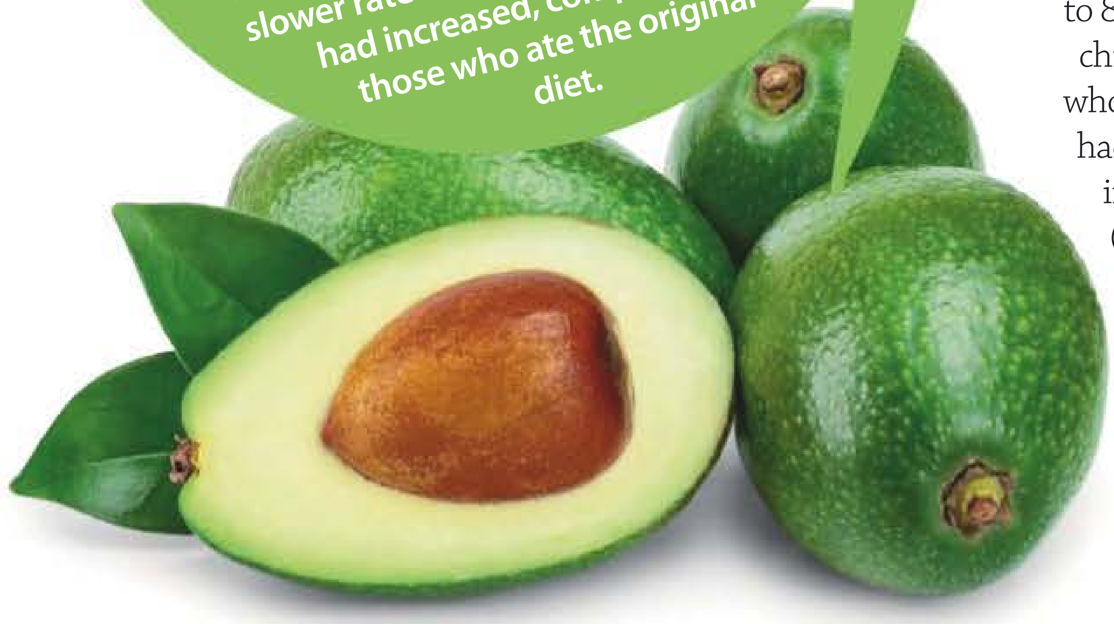
The latest facts & global news on diabetes, from new tech to nutrition findings

MONITORS FOR THE ELDERLY

Today, many children and young adults are sporting an insulin pump, which automatically measures your BGLs, transmitting details to a smartphone or portable reader. As this technology takes readings of BGLs at all hours of the day for up to two weeks without the need to take finger-pricks, researchers from England's University of East Anglia found those with memory problems (such as dementia and Alzheimer's) could benefit from these monitors. As the elderly, especially those with memory problems, are more prone to forgetting to check their levels, or forget what to do to bring them up/down, the research, published in the journal *BMJ Open*, suggests monitors should be more widely available to people of all ages.

AN AVO A DAY

Researchers at the University of Guelph in Canada have recently found a compound that may prevent the development of type 2 in mice. This compound, called avocatin B or AvoB, is found only in avocados. During this study, mice were fed a high-fat diet – designed to promote insulin resistance and obesity – for eight weeks, then for the next five weeks researchers added AvoB to the diet of half the mice. After the 13-week study, researchers found those who consumed AvoB had gained weight at a slower rate and their insulin sensitivity had increased, compared with those who ate the original diet.



313 MILLION women are expected to be suffering from diabetes by the year 2040.

~ International Diabetes Federation

DIET IS KEY

Researchers from Edith Cowan University found up to 80 per cent of overweight people are affected by chronic disease. Their study further found those who had non-alcoholic fatty liver disease (NAFLD) had lower cardiovascular fitness, likely caused by iron deficiency. Current treatment for NAFLD (turn to page 126 for more) is to reduce weight, primarily through exercise and a modified diet. Researchers concluded that those who improved their diet and increased iron levels had more energy for physical activity; their studies are published in the journal *Clinical Gastroenterology and Hepatology*.

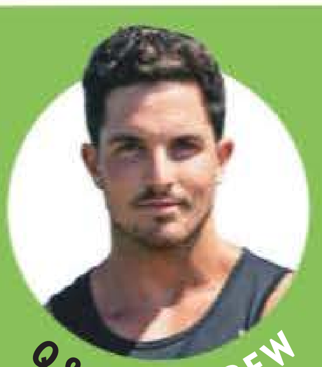
Start your day right

A new study from Tel Aviv University, published in *Diabetes Care*, has found a starch-rich breakfast (comprising bread, fruits and sweets) early in the morning could be the key to weight loss, glucose balance and improved glycaemic control in people with type 2. Researchers found that despite the 6M-diet (three meals and three snacks per day) being the previous diet recommendation for people with type 2, those who ate more in alignment with their biological clock (only three meals) achieved greater results. The aforementioned breakfast, eaten early in the morning, is followed by a substantial lunch and a small dinner (lacking in starches, sweets and fruits). Before changing your diet, discuss the best options with your healthcare team.

1 IN EVERY 2 PEOPLE

with diabetes is undiagnosed.

~ World Health Organization



Q&A ASK DREW

Can exercise really improve diabetes management? Where do I start?

Drew says: Right now, you're probably thinking your only option is to take more medication and inject more insulin, right? Wrong! I always say: "Exercise is a form of medicine that we can freely and happily administer to ourselves." Exercise is beneficial for everyone, but is particularly effective for those living with insulin resistance or type 2. It has been shown to reverse insulin resistance, and improve insulin sensitivity and body composition (it burns fat and builds muscle).

Different types of exercise have different effects on the body. To make the most of each, try to move your body every day. Walking after meals has acute benefits (i.e stabilises BGLs). Resistance training, whether at the gym with weights or simply using your body weight at home or at a park, is a great way to open the glucose gateways, which has ongoing benefits, even hours after a workout. Find what works for you but try a range of different types. Great options include yoga, pilates or sports such as tennis or golf. ➤

Drew Harrisberg, exercise physiologist & diabetes educator

Over 60? get moving now

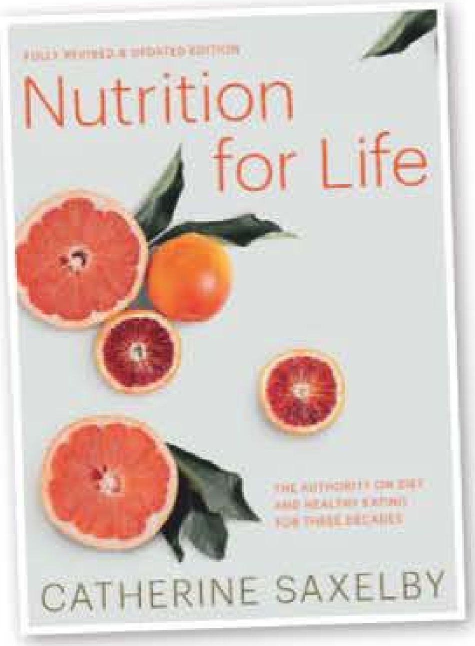
Researchers from South Korea suggest doctors should prescribe physical activity as a preventative measure against disease for patients aged 60 and older. Their study of more than a million elderly people, published in the *European Heart Journal*, found that those who started exercising, after having previously been inactive, decreased their risk of cardiovascular disease by 11 per cent.

Note: As this study was conducted in South Korea, the authors of the study cannot guarantee their findings would apply to all lifestyles and ethnicities.

BUSHFIRE RELIEF

Bushfire victims across Australia are in need of vital diabetes supplies. The Type 1 Foundation are working closely with hospitals and diabetes educators to provide ongoing support for families in crisis. If you have pump equipment, lancets, hypo kits, needles, insulin, meters, test strips or sensors that you have not used, please donate them to a drop-off location in Sydney, Brisbane, Melbourne and Geelong. For more information, or to find out how you can volunteer, visit type1foundation.com.au.

Note: Insulin can be donated, but needs to be in a refrigerated bag.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CATHERINE SAXELBY

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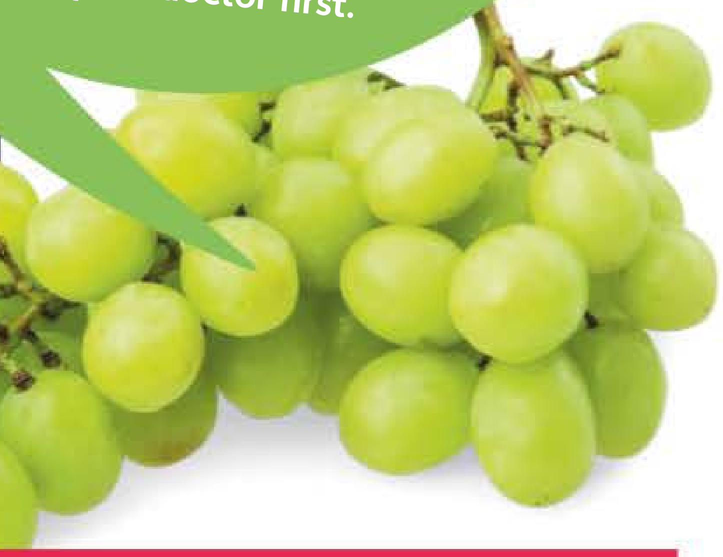
65 MILLION

"About 65 million people [across the world] with type 2 diabetes need insulin, but only half of them are able to access it, largely due to high prices."

~ World Health Organization



DIABETES AND SUPPLEMENTS

Through a new study at the University of South Australia, researchers found specific nutraceuticals (supplements) are effective in combatting various elements of diabetes. Resveratrol, a compound from **grapes**, can reduce GLs and improve insulin resistance; curcumin, from turmeric, can improve insulin resistance in those who are pre-diabetic; and cinnamon can reduce fasting BGLs in people with type 2. Despite this, there is no significant impact of taking supplements for weight loss. If you are considering any nutraceuticals, always speak with your doctor first.

MAKE A NEW FACEBOOK FRIEND

Facebook is a great place to find funny cat videos but it can also be a good source of online support from others with diabetes. The Facebook group "Diabetes Support Australia and New Zealand" was created in 2015 and is a safe, welcoming and supportive space for infomation sharing, questions, discussion and light-hearted sharing of stories and experiences with diabetes. Around 8000 members of varying ages, lifestyles and experience in living with diabetes are already a part of the online community. Why not search for the group and drop in for a visit?

Q&A ASK DR BISHAY

I have pre-diabetes and have lost weight but am terrified of putting it back on again. How can I maintain long-term weight loss?

Ramy says: Losing weight can lower metabolism and cause other changes that favour weight regain. The good news is there are ways to keep off the weight – and maintaining a 2-4kg weight loss can also reduce your risk of developing diabetes by 30 per cent.

1 **Schedule regular** maintenance visits with your GP or health carer. This can help improve accountability and prevent weight regain.

2 **Develop permanent** lifestyle behaviours such as consistently having breakfast, eating portion-controlled meals, increasing daily physical activity, having smaller and healthier snacks and reducing screen time.

3 **Aim for 2-3 meals** per day and avoid eating every few hours. Ask your GP if you are suitable for fasting 12 hours each day (e.g. from dinner at 7pm to brekkie at 7am) as this can help.

4 **Think long-term.** Maintaining weight loss is a lifelong commitment. Embrace your new healthy behaviours daily so you don't revert to old ways. ➤

Dr Ramy Bishay, endocrinologist & bariatric physician

Insulin for all

The World Health Organization (WHO) has announced a pilot program designed to increase the availability of safe, quality-assured insulin in low- and middle-income countries. Studies across 24 countries between 2016 and 2019 indicate human insulin (lab-grown insulin designed to mimic that developed in humans) is only available in 61 per cent of health facilities and analogue insulin (genetically lab-grown insulin altered to create a more rapid-acting form) is only available in 13 per cent. The program is a vital step – one of several WHO is taking to address the growing burden of diabetes across the world – to ensure people who need this life-saving product can access it.

Future design winner

A PhD student from the University of NSW, Frédérique Sunstrum, was named in the top 20 international designs at the annual James Dyson Award 2019 – an international award created to celebrate and inspire designers to create functional products. Also placing as a Gold Winner in the Good Design Award 2019, Frédérique created a non-invasive insulin device after watching her grandmother struggle with the finger-prick to test BGLs. This ergonomically designed device, Continuity, connects to a continuous 24/7 glucose monitoring earring device, which vibrates when your levels shift, sending alerts to the device and your smartphone app.

your
BEST
YEAR
ahead
Small, easy steps to wellness
DR. CRIS BEER

YOUR BEST YEAR AHEAD

By Dr Cris Beer
Rockpool Publishing, $29.99
On sale 1 January, 2020

Research has found the simpler a change is, the more likely you are to stick to it. For those wanting to be healthier, lose weight and gain energy, this book provides week-by-week advice that will help you focus on small changes to give you the health you deserve.

Q&A ASK RACHEL

I've heard people talk about 'appropriate language' for people with diabetes. I've always called myself a 'diabetic'. Why is this considered not appropriate?

Rachel says: There is a lot of work being done through research around the language that people use when referring to "people with diabetes". In 2016, Diabetes Australia released a position statement called *A new language for diabetes – improving communications with and about people with diabetes*. Research shows that negative language can influence outcomes for people with diabetes. Phrases such as 'diabetic', 'controlling blood glucose levels', 'compliance to treatment' and 'blood testing' are all considered to have negative connotations. When we use these phrases, we are labelling the person with diabetes and assuming that they can 'control' their BGLs. This makes it sound like we are blaming the person with diabetes if their BGLs are not within a certain target. We need to acknowledge that people are doing their very best to manage their BGLs and diabetes, regardless of what may be going on for them in their lives at any one point in time. ■

Rachel Freeman, diabetes educator

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

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TYPE 1 DIABETES FAMILY CENTRE

LEADING THE *way*

Motivated by her own journey with type 1, Bec Johnson has created a thriving community

Having recently completed the 12-month Facebook Community Leadership Program, Western Australia's Bec Johnson was the only Australian recipient of a fellowship. And, as one of just 100 people across the world to be part of this global group of community builders, Bec received $50,000 to help grow the Type 1 Diabetes Family Centre in Perth.

The centre, which opened in 2015, is becoming known as a one-stop shop for people with type 1 diabetes and their families. Today, the facility offers those living with diabetes – as well as their family, friends, teachers and employers – access to diabetes education, dietetics, psychology services, drop-in HbA1c testing, training for schools and babysitters, numerous workshops and classes, flexible insulin therapy programs, social events and camps.

Bec, who is the centre's CEO, explains her own type 1 diagnosis at 17 turned her world upside down and left her feeling rather isolated at times. "One of the things I found really hard was that there was no time to pause and process my diagnosis," she says. "With type 1, you're in the whirlwind right away – checking, testing, injecting, calculating, correcting. And, even when you're grieving for the life you remember before diagnosis, you can't stop the unrelenting diabetes tasks; you never get a day off. Even though I got my head around the technical aspects of type 1 relatively quickly, it took me many years to make peace

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** SUPPLIED BY BEC JOHNSON

COMMUNITY
LEADERSHIP PROGRAM
01:4

with the fact that I lived inside a body with type 1 diabetes. Those were hard, dark years."

However, over the years, she has found the type 1 community to be her key source of learning new ways to manage her diabetes. "People with type 1 figure out diabetes dilemmas every day," explains Bec. "We question, hack, experiment and discover clever tips and tricks we can share with others. Being part of the type 1 community has not only accelerated my understanding of diabetes, it's helped me feel that I am not alone with it. To me, feeling connected to other people who get it is vital."

By creating the centre, Bec wanted to offer a space that creates a network of knowledge for everyone impacted, and a place that encourages individuals to get on top of their diabetes management, and go out and crush their goals in life.

Part of this network is in thriving online communities. "We run our two online communities through closed Facebook groups," explains Bec. "They're amazing, active, positive communities that are hubs for information exchange, social support and connection for people across WA. The activity is phenomenal [which is what led to her receiving the Facebook grant]: we have more than 10,000 engagements each month and 97 per cent of our members engage every week."

Further, making national news, the centre recently released its online, Australia-first education program called Cyber Carbs.

"Carbohydrate counting is a critical skill for diabetes management," says Bec. "People with type 1 diabetes need to be able to accurately dose insulin for the amount of carbohydrate they eat. We wanted to reach people all over Australia in a format that would allow them to access quality education from the comfort of home, at their own pace and in an affordable way."

Covering basic carb counting, the glycemic index, the impact fat and protein have on BGLs, and the use of the carb-counting app, this 10-module course has sparked the interest of participants around the world.

"There are 10,000 adults with type 1 in WA [alone] and thousands more people who care about them," explains Bec. "And our mission is to reach and serve every one of them." ■

For more information, visit type1familycentre.org.au.

LIFE WITHOUT LIMITS

Bec is also a keen open-water swimmer, having previously raised $40,000 for the centre. This year, she is upping the ante with three ultramarathon swims in three months. The total distance of these swims is 85km, with her goal of fundraising $85,000 for the centre. If she succeeds, she won't just be the first person with type 1 to have completed a double crossing of the Rottnest Island Channel, but she will also be the first to attempt the longest open-water race in the southern hemisphere – the Port to Pub 25-kilometre Ultramarathon – and the first to undertake three separate solo Rottnest Channel Swims. To follow the journey, or donate, visit lifewithoutlimits.com.au.

5 days 5 dinners

What's for dinner? Problem solved with these wholesome, lower-carb weekday meals

GFO LC

MONDAY

CHICKEN WITH TOMATOES AND OLIVES

This one-pot chicken sensation is so simple to make!

see recipe, page 21 >>

How our food works for you

see page 82

NUTRITION INFO

PER SERVE 1590kJ, **protein** 42g, **total fat** 16g (sat. fat 4g), **carbs** 12g, **fibre** 8g, **sodium** 571mg •**Carb exchanges** 1 •**GI estimate** low •**Gluten-free option** •**Lower carb**

GFO LC

TUESDAY

BAKED STUFFED ZUCCHINI

Turn a humble vegetable into the star of the weeknight dinner table.

see recipe, page 21 >>

NUTRITION INFO

PER SERVE 1550kJ, **protein** 19g, **total fat** 19g (sat. fat 6g), **carbs** 26g, **fibre** 11g, **sodium** 501mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF LC

WEDNESDAY

SALMON WITH MANGO & AVOCADO SALAD

The sweetness of mango elevates this simple, summery salad.

see recipe, page 22 >>

NUTRITION INFO

PER SERVE 2290kJ, **protein** 38g, **total fat** 31g (sat. fat 8g), **carbs** 26g, **fibre** 8g, **sodium** 93mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

NUTRITION INFO
PER SERVE 1560kJ, **protein** 35g, **total fat** 17g (sat. fat 8g), **carbs** 14g, **fibre** 10g, **sodium** 525mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

THURSDAY

POACHED COCONUT CHICKEN & PINEAPPLE SALAD

Chicken breast gets the tropical treatment.

see recipe, page 22 >>

OMELETTE-STYLE BEEF BURRITO

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

3 x 60g eggs, lightly whisked
3 Tbsp water
Freshly ground black pepper

Filling

½ tsp olive oil
150g extra lean beef mince
1 tsp harissa (Middle Eastern spice mix) or gluten-free harissa
1 small avocado, mashed until smooth
¼ tsp finely grated lemon zest
Pinch chilli flakes
Squeeze lemon juice
1½ cups baby spinach leaves
1 tomato, chopped

Salad

125g can red kidney beans, rinsed and drained
1 cup baby spinach leaves
1 carrot, coarsely grated
100g snow peas, shredded

1 **Whisk eggs, water** and pepper in a small bowl. Spray a small non-stick frying pan with cooking spray. Heat over medium heat until pan is hot. Pour a quarter of the egg mixture into pan and swirl to coat pan base. Cook for 1-2 minutes, or until egg is set. Slip onto a large piece of baking paper (so omelettes sit in a single layer to cool) and repeat to make other omelettes.
2 **To make filling,** heat oil in a small non-stick frying pan over medium-high heat. Add mince and cook, stirring, for 2-3 minutes, or until cooked through. Add harissa. Cook, stirring, for 20 seconds.
3 **Meanwhile,** combine avo, zest, chilli and lemon juice in a small bowl.
4 **To serve,** top each omelette with spinach, tomato and mince. Dollop some avo over each. Fold in sides and roll up. Toss salad ingredients together and serve with omelettes.

GFO LC

FRIDAY

NUTRITION INFO
PER SERVE 1770kJ, **protein** 36g, **total fat** 23g (sat. fat 6g), **carbs** 12g, **fibre** 9g, **sodium** 279mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

Chicken with tomatoes and olives

Baked stuffed zucchini

CHICKEN WITH TOMATOES AND OLIVES

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

Pinch saffron threads
2 Tbsp boiling water
1 tsp olive oil
1 brown onion, cut into thin wedges
4 small chicken drumsticks, skin removed
3 cloves garlic, finely chopped
Rind of ½ lemon, removed using a vegetable peeler
8 green olives
2 baby (slender) eggplants, chopped
400g can no-added-salt chopped tomatoes
125ml (½ cup) salt-reduced chicken stock or gluten-free stock
Freshly ground black pepper
¼ cup mint leaves, chopped
¼ cup flat-leaf parsley, chopped

1 **Combine the saffron threads** and boiling water in a small heatproof bowl. Set aside.

2 **Heat the oil** in large non-stick saucepan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes, or until the onion is very soft. Add the chicken and increase to medium-high heat. Cook for 2 minutes, turning often, or until lightly browned. Stir in the garlic.

3 **Add the lemon rind,** olives, eggplant, tomatoes, saffron liquid and stock to the pan. Bring to a simmer. Reduce heat to medium and cook, partially covered, for 20 minutes. Remove the lid and cook for 10 minutes, or until the chicken is very tender.

4 **Season chicken** with pepper and divide between serving bowls. Combine mint and parsley. Sprinkle over chicken and serve.

BAKED STUFFED ZUCCHINI

PREP TIME: 15 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

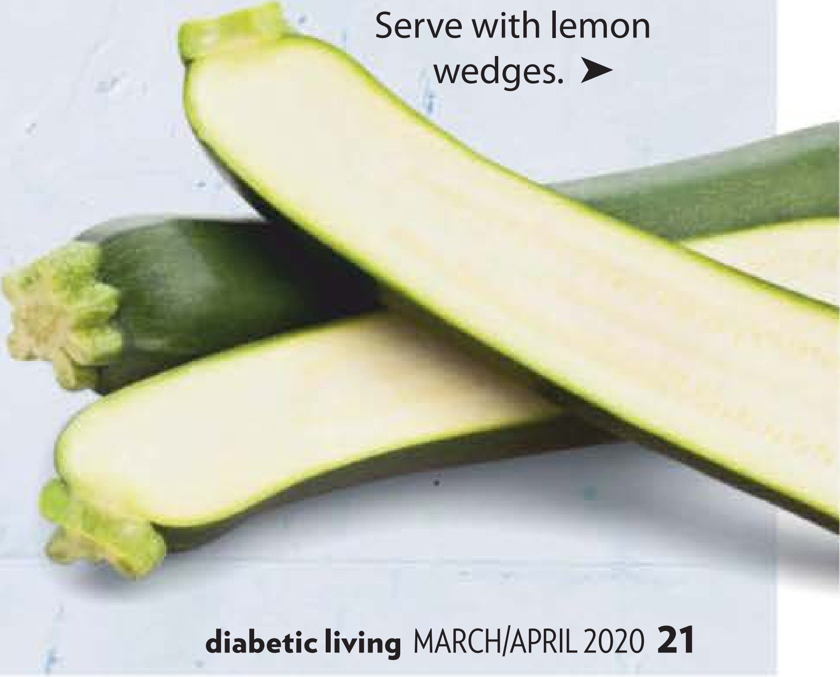
2 large (300g each) zucchini, halved lengthways
1 tsp extra virgin olive oil
½ red capsicum, finely chopped
1 baby (slender) eggplant, finely chopped
2 cloves garlic, finely chopped
3 green olives, pitted, finely chopped
2 tsp harissa (Middle Eastern spice mix) or gluten-free harissa
20g quinoa flakes
60ml (¼ cup) boiling water
¼ salt-reduced vegetable stock cube or gluten-free stock cube
Juice of ½ lemon
60g (½ cup) reduced-fat grated cheese
70g (⅓ cup) Chobani plain Greek yoghurt
¼ cup mint leaves, shredded
1 Tbsp toasted pine nuts
1 Tbsp Ocean Spray 50% Less Sugar Craisins
Lemon wedges, to serve

1 **Preheat oven** to 190°C (fan-forced). Line a baking dish with baking paper. Use a spoon to scoop out the inside of the zucchini halves, leaving shells to place the filling back into. Finely chop the zucchini flesh.

2 **Heat the oil** in a medium non-stick frying pan over medium heat. Add the capsicum, eggplant and garlic. Cook, stirring often, for 2-3 minutes, or until vegetables start to soften. Add the zucchini flesh and cook, stirring, for 2 minutes. Transfer to a large bowl. Add the olives, harissa, quinoa, combined boiling water and stock cube, and lemon juice. Stir well. Set aside for 5 minutes.

3 **Spoon filling** evenly into the zucchini shells. Cover with a piece of baking paper and then a piece of foil. Bake for 25 minutes. Remove foil and paper. Sprinkle the top of the zucchini halves with cheese. Bake for 10 minutes. Remove from oven, cover with foil and set aside for 5 minutes.

4 **Spoon yoghurt** over the top of the zucchini. Sprinkle with mint, pine nuts and craisins. Serve with lemon wedges. ➤



SALMON WITH MANGO & AVOCADO SALAD

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

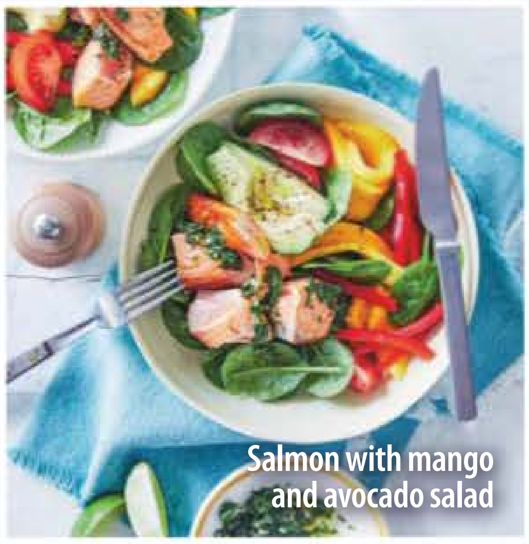
2 x 150g skinless and boneless salmon fillets
Freshly ground black pepper
1 cup coriander leaves
1 clove garlic
Zest and juice of ½ lime, plus extra wedges, to serve (optional)
1 tsp extra virgin olive oil
2 cups baby spinach leaves
1 tomato, cut into wedges
½ red capsicum, thinly sliced
1 mango, flesh removed, sliced
½ avocado, sliced

1 **Preheat a chargrill pan** or plate (or barbecue) on medium-high heat. Spray the salmon fillets with cooking spray and season with pepper. Add to the pan and cook for 2½-3 minutes each side, or until they are cooked to your liking. Set aside.

2 **Meanwhile,** place the coriander, garlic and lime zest on a board. Finely chop. Transfer to a bowl and stir in the lime juice and oil. Season with pepper.

3 **Toss the spinach,** tomato, capsicum, mango and avocado in a large bowl. Divide between serving bowls.

4 **Break the salmon** into large pieces and add to the salad. Spoon over the coriander mixture. Serve with the lime wedges, if using.



Salmon with mango and avocado salad

Poached coconut chicken and pineapple salad

POACHED COCONUT CHICKEN & PINEAPPLE SALAD

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

¼ pineapple, skin and core removed, chopped
1 Lebanese cucumber, halved lengthways, sliced
1½ cups mint leaves
1½ cups flat-leaf parsley leaves
½ small red birdseye chilli, seeds removed, finely chopped
Juice of ½ lime
1 tsp olive oil
Freshly ground black pepper
2 Tbsp unsalted peanuts, roasted, chopped (see Cook's Tip)

Poached chicken

165ml can light coconut milk
310ml (1¼ cups) salt-reduced chicken stock or gluten-free stock
½ small birdseye chilli, halved lengthways
3cm piece ginger, unpeeled, sliced
1 stalk lemongrass, white part only, bruised
250g skinless chicken breast fillet, trimmed of fat, split in half through the middle

1 **To poach the chicken,** put the coconut milk, stock, chilli, ginger and lemongrass in a medium non-stick frying pan. Bring to a simmer over medium heat. Simmer for 5 minutes. Add chicken to the pan and reduce heat to medium-low. Cook, covered, for 5-7 minutes, or until the chicken is just cooked. Transfer to a plate and set aside to cool. Strain the liquid, discarding the solids. Set strained coconut milk mixture aside.

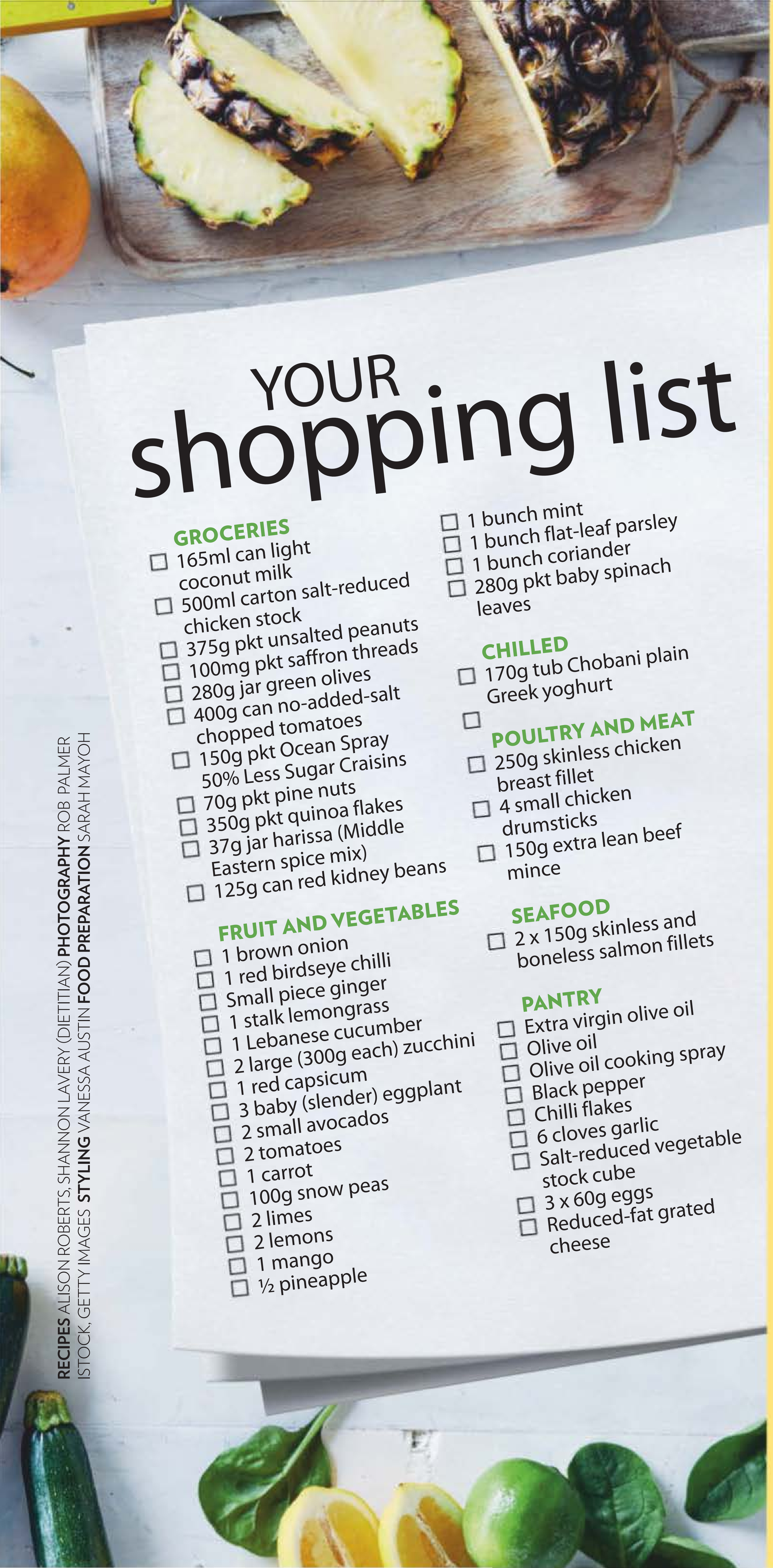
2 **Meanwhile,** place the pineapple, cucumber, mint and parsley leaves in a large bowl. Combine the chilli, lime juice, oil and 1½ Tbsp of the reserved coconut milk mixture in a small bowl. Season with pepper and whisk to combine.

3 **Shred the chicken** and add to the salad with the dressing. Toss to combine. Divide the salad between shallow serving bowls. Sprinkle with the peanuts and serve immediately.

COOK'S TIP

To roast peanuts, cook in an oven preheated to 170°C (fan-forced) for 8-10 minutes, or until aromatic.

Put a kaleidoscope of colours on your plate



YOUR
# shopping list

GROCERIES

- ☐ 165ml can light coconut milk
- ☐ 500ml carton salt-reduced chicken stock
- ☐ 375g pkt unsalted peanuts
- ☐ 100mg pkt saffron threads
- ☐ 280g jar green olives
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 150g pkt Ocean Spray 50% Less Sugar Craisins
- ☐ 70g pkt pine nuts
- ☐ 350g pkt quinoa flakes
- ☐ 37g jar harissa (Middle Eastern spice mix)
- ☐ 125g can red kidney beans

FRUIT AND VEGETABLES

- ☐ 1 brown onion
- ☐ 1 red birdseye chilli
- ☐ Small piece ginger
- ☐ 1 stalk lemongrass
- ☐ 1 Lebanese cucumber
- ☐ 2 large (300g each) zucchini
- ☐ 1 red capsicum
- ☐ 3 baby (slender) eggplant
- ☐ 2 small avocados
- ☐ 2 tomatoes
- ☐ 1 carrot
- ☐ 100g snow peas
- ☐ 2 limes
- ☐ 2 lemons
- ☐ 1 mango
- ☐ ½ pineapple
- ☐ 1 bunch mint
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch coriander
- ☐ 280g pkt baby spinach leaves

CHILLED

- ☐ 170g tub Chobani plain Greek yoghurt
- ☐

POULTRY AND MEAT

- ☐ 250g skinless chicken breast fillet
- ☐ 4 small chicken drumsticks
- ☐ 150g extra lean beef mince

SEAFOOD

- ☐ 2 x 150g skinless and boneless salmon fillets

PANTRY

- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ Olive oil cooking spray
- ☐ Black pepper
- ☐ Chilli flakes
- ☐ 6 cloves garlic
- ☐ Salt-reduced vegetable stock cube
- ☐ 3 x 60g eggs
- ☐ Reduced-fat grated cheese

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** ROB PALMER
ISTOCK, GETTY IMAGES **STYLING** VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

LEFTOVERS

GROCERIES

Stock: Use in sauces or soups.
Peanuts: Throw a few into your salad, finely chop and use in a dressing or add to your stir-fry at the last minute.
Saffron: Use in sweet and savoury dishes. Soak a little in boiling water and add to your homemade low-fat custard at the end with a pinch of ground cinnamon.
Olives: Use in salads, finely chop and use in a salsa, throw into pasta sauces or put on pizzas.
Craisins: Munch on a few as a snack, add to salads or throw a few on a sandwich with shredded chicken, rocket, cucumber and grated carrot.
Pine nuts: Great in salads, on pizza or finely chop with basil, garlic, a little grated lemon zest, a squeeze of lemon juice and a drizzle of olive oil. Serve over lamb, fish or chicken.
Quinoa flakes: As an alternative for rolled oats, cook and serve for breakfast. Use in cookies or slices.
Harissa: Cut lean beef or lamb into cubes and thread onto skewers. Sprinkle with harissa and coat with cooking spray. Barbecue meat. Serve with salad and BBQ'd corn.

FRUIT AND VEGETABLES

Ginger: Finely slice, chop or grate for dressings, stir-fries and sauces.
Avocado: Mash and spread on toast and top with a poached egg and a sprinkle of pepper. Drizzle over a little lemon juice. Serve with grilled tomatoes and spinach leaves for a healthy breakfast.
Lemons: Use in dressing, sauces or drinks.
Pineapple: Chop up leftovers to eat as a snack, or finely chop and use in salsa or throw into a salad.
Coriander: Use leaves in salads, or finely chop roots and stems to use in stir-fries and curries. ■

FAST FOOD *done right*

Who says you can't have healthy fast food? Each recipe takes just 10 minutes from prep to table. Eat them right away or take to work

MEXICAN-STYLE CHICKEN SALAD

Whisk 2 Tbsp **97% fat-free Caesar-style dressing or gluten-free dressing** and 1 Tbsp **fat-free yoghurt.** Divide the yoghurt mixture between 2 x 500ml (2 cups) wide-mouth mason jars. Use 150g halved **grape tomatoes,** ½ cup chopped **yellow or red capsicum,** ½ small mashed **avocado** mixed with a little fresh **lemon juice,** ½ cup rinsed and drained no-added-salt **black beans,** ¾ cup chopped, cooked, skinless **chicken breast,** 3 cups shredded **cos lettuce,** 2 Tbsp chopped **green shallots** to fill the two jars. Secure jars with lids. To transport, place jars (upright if possible) in insulated lunch packs with frozen ice packs. Consume within 5 hours, or place in the fridge for up to 24 hours. To serve, pour contents on a plate or into a large shallow bowl. Serves 2 (as a light meal).

NUTRITION INFO GFO LC

PER SERVE 1040kJ, **protein** 23g, **total fat** 8g (sat. fat 2g), **carbs** 18g, **fibre** 6g, **sodium** 255mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

How our food works for you
see page 82

Cook's Tip

Mix up the tuna wraps. Swap broccoli slaw for the carrots, green shallots for the coriander, and peanuts for the almonds. Like a little heat? Finish with a drizzle of Sriracha.

SESAME TUNA LETTUCE WRAPS

Place 4 large **butter lettuce leaves** in an airtight container. Combine 1 x 90g drained can **tuna** in springwater, 2 Tbsp chopped **green shallots,** ½ Tbsp **Asian dressing or gluten-free dressing** and 2 tsp chopped **coriander** in a small airtight container. Place ¼ cup grated **carrot,** 1 Tbsp slivered **almonds** and 140g small wedged pieces of **pineapple** in separate airtight containers. Place all containers in an insulated lunch pack with a frozen ice pack. Consume within 5 hours. To serve, layer 2 lettuce leaves on top of each other, making 2 stacks. Spoon the tuna mixture onto the stacks. Top with the carrot and almonds. Serve with the pineapple. Serves 1 (as a light meal). ➤

NUTRITION INFO GFO LC

PER SERVE 1200kJ, **protein** 28g, **total fat** 10g (sat. fat 1g), **carbs** 17g, **fibre** 7g, **sodium** 724mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

CUCUMBER AND HUMMUS WRAPS

Spread 1 Tbsp **hummus** over one 20cm lower-carbohydrate **wholemeal wrap** (such as Freedom Foods Barley+ Wraps) **or gluten-free wrap**. Top with ⅓ cup **baby spinach leaves,** ¼ cup each of **cucumber** slices, grated **carrot** and shelled **edamame.** Top with 2 Tbsp chopped **basil** and 1 Tbsp crumbled **reduced-fat feta.** Fold the sides of the wrap up over filling and tightly roll up wrap. Cut wrap in half. Wrap with plastic wrap. Place handful of **grapes** in an airtight container. Place wrap and grapes in an insulated lunch pack with a frozen ice pack. Consume food within 5 hours. Serves 1 (as a light meal).

NUTRITION INFO **GFO**

PER SERVE 1390kJ, **protein** 19g, **total fat** 12g (sat. fat 3g), **carbs** 31g, **fibre** 14g, **sodium** 545mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

Cook's Tip

Try flavored hummus, such as capsicum or roasted garlic. Look for flavours with less than 400mg sodium per 100g.

SALMON-STUFFED MINI CAPSICUMS

Cut 3 mini **capsicums** in half lengthways. Scrape out and discard seeds and membranes. Place capsicum halves, 14 thin **wholegrain rice crackers** (such as Sakata Wholegrain) and 1 **peach** in an airtight container. In another airtight container stir together ½ x 90g can drained skinless, boneless **pink salmon** in springwater, ½ Tbsp **97% fat-free mayonnaise or gluten-free mayonnaise,** 1 tsp fresh **lemon juice** and a pinch each **garlic powder** and **black pepper.** Place all containers in an insulated lunch pack with a frozen ice pack. Consume food within 5 hours. To serve, spoon salmon mixture into capsicum halves. Serve with crackers and peach. Serves 1 (as a main meal). ■

NUTRITION INFO GFO

PER SERVE 1470kJ, **protein** 18g, **total fat** 8g (sat. fat 2g), **carbs** 47g, **fibre** 8g, **sodium** 394mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our food works for you
see page 82

NUTRITION INFO
PER SERVE 2320kJ, **protein** 41g, **total fat** 18g (sat. fat 2g), **carbs** 52g, **fibre** 8g, **sodium** 381mg
- **Carb exchanges** 3½
- **GI estimate** medium

POMEGRANATE CHICKEN WITH ALMOND COUSCOUS

A rich harissa sauce is freshened up with a hint of mint.

see recipe, page 35 >>

Make it CHICKEN TONIGHT

Try these new ways to serve this dinner table staple

NUTRITION INFO
PER SERVE 1380kJ, **protein** 33g, **total fat** 11g (sat. fat 3g), **carbs** 20g, **fibre** 5g, **sodium** 532mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

LC

LITE CHICKEN CAESAR SALAD

High in protein and lower in fat, this variant on a classic packs a tasty punch.

see recipe, page 35 >>

CHICKEN SCHNITZEL WITH COLESLAW

Crisp schnitty with crunchy slaw is a match made in retro-food heaven.

see recipe, page 36 >>

NUTRITION INFO

PER SERVE 2370kJ, **protein** 36g, **total fat** 25g (sat. fat 4g), **carbs** 46g, **fibre** 8g, **sodium** 354mg
- **Carb exchanges** 3
- **GI estimate** medium

LEMONY CHICKEN STEW

PREP TIME: 20 MINS
COOK TIME: 1 HOUR
SERVES 4 (AS A MAIN)

- 1 Tbsp olive oil
- 2 brown onions, chopped
- 500g skinless and boneless chicken thigh fillets, trimmed of fat, cut into chunks
- 2 Tbsp ras el hanout
- 2 x 400g cans no-added-salt chopped tomatoes
- 2 Tbsp sliced, pitted Kalamata olives
- Small handful oregano, leaves picked, chopped
- 2 preserved lemons, flesh removed, skin rinsed, finely chopped
- 2 Tbsp honey
- 1 salt-reduced chicken stock cube
- Freshly ground black pepper
- 200g pearl couscous
- ¼ cup chopped flat-leaf parsley
- 8 stalks broccolini, steamed, to serve

1 **Heat the oil** in a large flameproof casserole dish with a lid over medium heat. Add the chopped onion and cook, stirring often, for 10 minutes, or until the onion starts to caramelise. Push the onion to one side of the dish and add the chicken. Increase the heat to high and cook for 5 minutes, turning once, until the chicken is browned.

2 **Add the ras el hanout,** chopped tomatoes, sliced olives, oregano, preserved lemon and honey to the pan. Crumble in the stock cube and season with pepper. Fill one of the tomato cans halfway with water, add it to the pan, and stir. Cover and bring to the boil. Reduce heat to medium-low and cook, covered, for 30 minutes.

3 **Add the couscous to the pan.** Cover and continue to cook for a further 10 minutes, or until the couscous is cooked. Sprinkle over the parsley. Serve stew with the steamed broccolini. ➤

Invite rich Moroccan flavours to dinner

NUTRITION INFO
PER SERVE 2180kJ, **protein** 35g, **total fat** 13g (sat. fat 3g), **carbs** 61g, **fibre** 9g, **sodium** 756mg
- **Carb exchanges** 4
- **GI estimate** low

STIR-FRIED CHICKEN WITH BROCCOLI & BROWN RICE

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A MAIN)

150g broccoli florets, halved
2 tsp olive oil
3cm piece ginger, finely grated
2 cloves garlic, minced
1 red onion, finely sliced
1 tsp Mexican chilli powder
250g skinless chicken breast fillet, trimmed of fat, chopped
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp honey
1 drained roasted red pepper, chopped
250g pkt cooked brown rice, heated following packet directions

1 **Bring a small saucepan** of water to the boil. Add the broccoli and cook for 2 minutes. Drain, reserving the cooking water.
2 **Heat the oil** in a large non-stick wok over medium-high heat. Add the ginger, garlic and onion and stir-fry for 2 minutes. Add the chilli powder and stir. Add the chicken and stir-fry for 2 minutes.
3 **Add the broccoli** to the wok with soy sauce, honey, red pepper and 4 Tbsp of the broccoli water. Toss until heated through.
4 **Serve chicken** stir-fry with rice.

COOK'S TIP

To make a vegetarian version, replace the chicken with Quorn mince or add a handful of walnuts or cashews to ensure you get enough protein. ➤

Turn up the heat on a simple stir-fry

NUTRITION INFO GFO
PER SERVE 2130kJ, **protein** 37g, **total fat** 10g (sat. fat 2g), **carbs** 63g, **fibre** 8g, **sodium** 550mg
- **Carb exchanges** 4
- **GI estimate** medium
- **Gluten-free option**

NUTRITION INFO

PER SERVE 1300kJ, **protein** 28g, **total fat** 9g (sat. fat 2g), **carbs** 25g, **fibre** 6g, **sodium** 354mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

LC

WARM CHICKEN & SOURDOUGH SALAD

Colour and texture bring a nutritious staple to life.

see recipe, page 36 >>

CHICKEN & PRAWN LETTUCE PARCELS

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 6 (AS A LIGHT MEAL)

50g dried vermicelli noodles (cellophane noodles)
2 Tbsp olive oil
3 cloves garlic, finely chopped
1 small red chilli, finely chopped (seeds removed if you like)
2 stalks lemongrass, white part only, finely chopped
10 green beans, finely chopped
1 carrot, finely chopped
140g chicken breast mince
140g green prawns, peeled and deveined, chopped
1½ Tbsp oyster sauce
2 tsp fish sauce
½ tsp rice wine vinegar
2 Baby Gem lettuces or 1 iceberg lettuce
140g unsalted roasted peanuts, coarsely chopped
Lime wedges, to serve

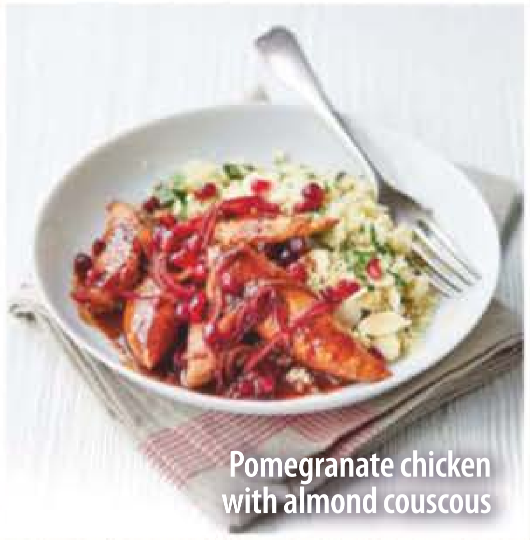
1 **Place the noodles** in a heatproof bowl and cover with boiling water. Set aside for 5 minutes. Drain and then run under cold water. Using scissors, cut the noodles into small pieces.

2 **Heat the oil** in a large wok over medium-high heat. Add the garlic, chilli and lemongrass. Stir-fry for 1 minute. Add the chopped beans and carrot. Stir-fry for 2 minutes, or until vegetables are tender crisp.

3 **Add the chicken mince** to the wok. Use a wooden spoon to stir, breaking up the mince into small pieces, until almost cooked through. Add the prawns and cook, stirring, until prawns change colour. Add the oyster sauce and fish sauce. Toss to combine.

4 **Add the noodles** to the wok and toss well to heat through. Toss in the vinegar. Remove the

NUTRITION INFO LC
PER SERVE 1180kJ, **protein** 16g, **total fat** 18g (sat. fat 3g), **carbs** 12g, **fibre** 5g, **sodium** 483mg
- **Carb exchanges** 1
- **GI estimate** low
- **Lower carb**


Pomegranate chicken with almond couscous

pan from the heat and set aside to cool for 10 minutes.

5 Peel the leaves off the lettuce carefully. If using an iceberg lettuce, use scissors and, following the curve of the leaf, cut away the green floppy edge. You will be left with a firmer section, which acts like a cup. Spoon the chicken mixture onto the lettuce and sprinkle with peanuts. Squeeze a little lime juice from the wedges all over the parcels before serving.

POMEGRANATE CHICKEN WITH ALMOND COUSCOUS

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A MAIN)

1 Tbsp olive oil
1 large red onion, halved, thinly sliced
500g chicken tenderloins, trimmed of fat and sinew
2 Tbsp harissa paste
185ml (¾ cup) pomegranate juice
1 salt-reduced chicken stock cube
200g couscous
½ pomegranate, seeds removed (see Cook's Tips)
80g flaked almonds, toasted (see Cook's Tips)
1 small bunch mint, chopped

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring once, for 5-6 minutes, or until the onion softens slightly.

2 Push the onion to one side of the pan and add the chicken. Cook for 2-3 minutes, turning once, or until the chicken is browned. Stir in the paste and pomegranate juice. Crumble in half the stock cube. Simmer for 10 minutes, or until the sauce thickens and the chicken is cooked.

3 Meanwhile, put the couscous in a medium heatproof bowl. Crumble over the remaining stock cube. Pour over enough boiling water to just cover the couscous. Cover the bowl with a plate or tea towel and set aside for 5-6 minutes to allow the water to be absorbed. Use a fork to fluff up the grains. Set aside.

4 Reserve a few of the pomegranate seeds. Stir the remaining pomegranate seeds through the chicken. Stir the almonds and mint through the couscous. Serve with the chicken, sprinkling the reserved pomegranate seeds over the top.

Lite chicken Caesar salad

Cook's Tips

- **To toast the almonds, cook in a small non-stick frying pan over medium heat for 2-3 minutes, stirring often, or until lightly toasted.**
- **To remove pomegranate seeds, roll fruit to loosen seeds. Cut in half. Hold each half over a bowl, seeds facing down and tap the skin with a wooden spoon, squeezing a little to remove the seeds.**

LITE CHICKEN CAESAR SALAD

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A LIGHT MEAL)

300g skinless chicken breasts, trimmed of fat
1 tsp olive oil
Juice of 1 lemon
Freshly ground black pepper
1 large cos lettuce, chopped into large pieces
½ cup picked small watercress leaves
4 hard-boiled eggs, peeled, quartered
20g parmesan, finely grated
40g drained anchovy fillets, half chopped, half left whole
150g fat-free Greek-style natural yoghurt
4 slices wholemeal sourdough bread, toasted, to serve

1 Preheat grill on high. Line a grill tray with foil.

2 Put the chicken breasts in a large bowl with the oil and 1 Tbsp lemon juice. Season with pepper. Put the chicken breasts on the lined tray and cook under the grill for 10-12 minutes, turning once, or until cooked through. Transfer to a plate. Set aside for 2-3 minutes to rest. Slice the chicken.

3 Arrange lettuce, cress and eggs on a platter or serving plates and top with the cooked chicken. Combine parmesan, chopped anchovies, yoghurt and remaining lemon juice in a small bowl. Season with pepper. Drizzle the dressing over the salad. Arrange the whole anchovy fillets on top of salad. Serve with the toast. ➤

There's more than one way to bread your chicken

Chicken schnitzel with coleslaw

Warm chicken & sourdough salad

CHICKEN SCHNITZEL WITH COLESLAW

PREP TIME: 20MINS
COOK TIME: 10 MINS
SERVES 4 (AS A MAIN)

Schnitzel

4 x 100g pieces skinless chicken breast fillets, trimmed of fat
100g (⅔ cup) plain flour
60g egg
75g panko breadcrumbs
3 Tbsp finely grated parmesan
80ml (⅓ cup) sunflower oil

Coleslaw

350g white cabbage, finely shredded
2 carrots, grated
6 green shallots, trimmed, diagonally sliced
1 large red-skinned apple, unpeeled, grated
150g fat-free natural yoghurt
Juice of ½ lemon
2 tsp English mustard
Freshly ground black pepper

1 **For the coleslaw,** mix all the ingredients in a large bowl.
2 **Put the chicken fillets** between two layers of plastic wrap and, using a rolling pin, bash them until they are 2-3mm thick.
3 **Put the flour on a plate** and season with pepper. Whisk the egg in a shallow bowl. Mix together the breadcrumbs and parmesan in a shallow bowl.
4 **Dip chicken** in the flour to coat, then in the egg. Toss the chicken in the breadcrumb mixture to completely coat. Put the fillets on a plate and place in the fridge until ready to cook.
5 **Heat half the oil** in a large non-stick frying pan over medium-high heat. Add two chicken schnitzels and cook for 2-3 minutes each side, or until completely golden. Transfer to a plate lined with paper towel. Repeat with the remaining oil and schnitzels.
6 **Serve schnitzels** with coleslaw.

WARM CHICKEN & SOURDOUGH SALAD

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A LIGHT MEAL)

400g skinless chicken breast fillets, trimmed of fat, cut into chunks
1½ Tbsp olive oil
Freshly ground black pepper
150g sourdough bread, torn into chunks
2 large cloves garlic, finely chopped
140g sauerkraut (pickled red cabbage), plus 4 Tbsp of the pickling juices
1 red onion, sliced
100g mixed salad leaves
½ pomegranate, seeds removed (see Cook's Tips, page 35)

1 **Preheat oven** to 180°C (fan-forced). Line a baking tray with baking paper.
2 **Toss the chicken** with 1 Tbsp oil. Season with pepper. Place in a single layer on the lined tray. Bake for 10 minutes.
3 **Toss the torn sourdough** with the chopped garlic and remaining oil. Season with pepper. Add the bread to the chicken and cook for a further 10 minutes. Set aside to cool for 5 minutes.
4 **Toss the cabbage** and onion in a large bowl. Add the chicken and toss to combine. Add the reserved pickling juice and salad leaves. Toss. Sprinkle with the pomegranate seeds and serve. ■

Health Tip
Pomegranate seeds are a great addition to a salad, adding crunch and a tart sweetness, but you can omit them if you prefer.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Quick & EASY

A new weeknight favourite to change things up. It's ready in just three simple steps – and gluten free, too

LAMB KOFTAS WITH BEETROOT & APPLE RAITA

PREP TIME: 20 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

½ small red onion, thinly sliced
Juice ½ small lemon, plus wedges, to serve
Freshly ground black pepper
250g lean lamb mince
1½ tsp garam masala
70g (⅓ cup) low-fat natural yoghurt
½ apple, unpeeled, coarsely grated
1 baby beet, peeled, coarsely grated
Coriander leaves, to serve

Salad

1 cup rocket leaves
1 tomato, cut into wedges
1 small carrot, peeled into ribbons or cut into sticks
1 small Lebanese cucumber, peeled into ribbons or cut into sticks

1 Preheat grill on high. Line a grill tray with foil. Toss the onion with half the lemon juice and season with pepper. Set aside.

2 Using your hands, mix the mince with 1 tsp garam masala and freshly ground black pepper. Divide the mixture into 6, then roll each portion into a long, thin sausage. Insert a small wooden or metal skewer along the length of each kofta. Place under the grill and cook for 3-4 minutes each side, or until cooked through.

3 Meanwhile, combine the yoghurt, apple, beetroot, the rest of the lemon juice and garam masala, and pepper. Combine all the salad ingredients in a bowl.

4 Serve koftas with onion, raita, lemon wedges, coriander and salad.

COOK'S TIP

If using wooden skewers, soak in cold water for 20 minutes to prevent burning. Drain well. ■

NUTRITION INFO GF LC

PER SERVE 1220kJ, **protein** 31g, **total fat** 9g (sat. fat 3g), **carbs** 16g, **fibre** 7g, **sodium** 154mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GLUTEN
FREE

Spotlight on GLUTEN FREE

What is a gluten-free diet? Health nutritionist Jo Lewin explains what it means for health, what to watch out for and where to find support

WHAT IS COELIAC DISEASE?

Coeliac disease is an immune-based condition in which the body responds abnormally to dietary gluten. There has been a significant increase in the prevalence of coeliac disease during the past 50 years. If you suspect you may have coeliac disease, it is important you do not change your diet; make sure you are tested before making any dietary change. For more information, visit coeliac.org.au.

WHAT IS GLUTEN?

Gluten is the protein component found in wheat, rye, barley and oats.

Gluten gives elasticity, strength and the ability to 'hold' food together. The most obvious sources of gluten in most diets are bread, pasta, breakfast cereals, flour, pastry, pizza bases, cakes and biscuits. Gluten can also be found in some processed foods, such as soups, sauces, ready-made meals and sausages.

GLUTEN-FREE DIETS

A strict gluten-free diet avoids any product made from wheat, barley, triticale, oats or rye – check labels carefully.

Avoiding gluten can be hard at first, as wheat can be used in commercially manufactured, ready-made foods. But eating gluten-free doesn't have to mean brick-like bread, dry flaky pastries or gritty gluten-free crackers. Nor does it mean sacrificing good nutrition and food with flavour.

Fortunately, there is a wide range of gluten-free products and resources. Becoming informed and able to read labels and ingredient lists to recognise gluten is vital. The Coeliac Australia website has a wealth of information on living gluten-free. Membership is available and provides access to trusted expert advice, numerous resources and discount benefits. By joining, you will also support Coeliac Australia's work on behalf of people with coeliac disease, dermatitis herpetiformis or those people otherwise requiring a gluten-free diet.

HEALTH IMPLICATIONS

If you are following a gluten-free diet, try to ensure it's nutrient-dense and full of whole foods. ➤

Watch out!

Gluten may also be found in processed meats, dry roasted nuts, marinades, soy sauce, condiments, malt, spice mixes and more. It is advisable to read the labels on everything you plan to eat and create a 'safe' foods list.

- **OATS:** The majority of people with coeliac disease can eat oats, but many brands of commercial oats are at risk of contamination by wheat or barley due to growing and production practices. If you have been medically advised that you are safe to eat oats, choose those labelled 'wheat-free' (these will be pure/uncontaminated oats).
- **LABELLING:** Foods that are labelled gluten free must contain 'no detectable gluten'. When you see 'gluten free' on a product, you know it will be suitable.
- **COST:** Gluten-free ingredients can be quite expensive. Remember, there is a huge range of healthy and affordable foods that are naturally gluten free, and are often much cheaper!

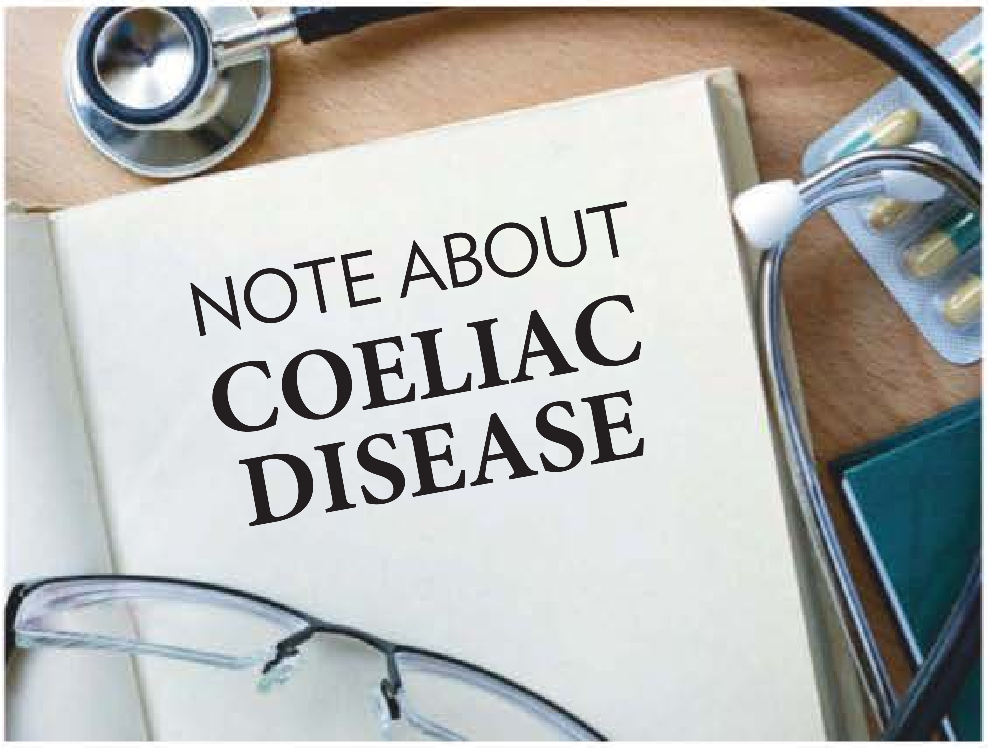
Although there is a wide range of gluten-free products now available, they may not be as high in fibre, iron, folic acid and B vitamins as gluten-containing counterparts. If you have any queries concerning your nutritional intake, you should speak to your GP or an Accredited Practising Dietitian.

To ensure you're getting enough fibre and B vitamins, eat a wide variety of gluten-free grains, fruits and vegetables. Alternative grains such as corn (maize, polenta), soya, potato, quinoa, cornflour, millet, arrowroot, buckwheat, amaranth and rice flours can increase the nutrient profile of a gluten-free diet. Opt for wholegrain gluten-free flour mixes, which contain more fibre than the highly refined tapioca, white rice and cornstarch flours.

The best sources of iron are from red meats (and unprocessed meats are naturally gluten-free). To enhance the absorption of iron from plant-based foods (such as leafy greens, chickpeas and lentils), consume a food containing vitamin C at the same time (for example capsicum, tomato or lemon juice).

Folic acid has particular importance for pregnant women and women in their child-bearing years. Some of the best dietary sources of folic acid are yeast, green leafy veg, asparagus, broccoli, beans, lentils and fortified breads and cereals. Folic acid supplements are recommended for women who are planning to become pregnant, could become pregnant or are pregnant. Before planning to take any supplements, discuss this with your healthcare team first.

For more information about coeliac disease visit coeliac.org.au



Coeliac disease is a lifelong autoimmune disease caused by the body reacting to gluten and is estimated to affect approximately 1 in 70 people in Australia. However, approximately 80 per cent of them remain undiagnosed.

In people with coeliac disease, consuming gluten causes an immune reaction resulting in systemic inflammation and damage to the lining of the small intestine. A range of symptoms can result, including bloating, diarrhoea, nausea, wind, constipation, tiredness, headaches, sudden or unexpected weight loss (but not in all cases), hair loss and anaemia. The varying degrees of severity associated with coeliac disease make it hard to diagnose. Once diagnosed, it's treated by following a lifelong gluten-free diet. If you suspect you have coeliac disease, you are advised to visit your GP.

Smart Swaps

Gluten-free flours are not easy to bake with as they lack the elastic properties of gluten. As a result, breads may rise (due to yeast or raising agents) but fall again to leave rather dense loaves. Xanthan gum is a natural powder, which can be added in small quantities to flour for bread and pastry-making. Combination flours work best for cakes, biscuits and pastry: 60 per cent stronger flours (such as gram or maize) to 40 per cent finer, lighter flours (white rice, potato or tapioca). Corn bread, which is made from ground corn or maize meal (not cornflour), is a delicious gluten-free bread substitute.

About 1 in 70 Aussies have coeliac disease

Cook's Tip

A cauliflower base really is a great gluten-free alternative to traditional pizza dough. It's not quite as crisp, but it's just as tasty, and you can still pick it up and eat it with your hands.

COVER RECIPE

GF LC

MINI CAULIFLOWER PIZZAS

The perfect way to veg out with an Italian classic – quite literally.

see recipe, page 45 >>

How our food works for you
see page 82

NUTRITION INFO

PER SERVE 1620kJ, **protein** 29g, **total fat** 19g (sat. fat 9g), **carbs** 21g, **fibre** 9g, **sodium** 673mg •**Carb exchanges** 1½ •**GI estimate** low •**Gluten free** •**Lower carb**

NUTRITION INFO GF
PER SERVE 2290kJ, **protein** 47g, **total fat** 16g (sat. fat 4g), **carbs** 48g, **fibre** 8g, **sodium** 344mg
- **Carb exchanges** 3
- **GI estimate** low
- **Gluten free**

FISH & SPINACH YELLOW CURRY

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A MAIN)

1 tsp garam masala
1 tsp ground turmeric
1 tsp smoked paprika
250g boneless firm fish fillets (such as blue-eye trevalla), cut into bite-sized chunks
Freshly ground black pepper
2 Tbsp sunflower oil
1 brown onion, finely sliced
2 cloves garlic, finely sliced
4cm piece ginger, grated
400g can Carnation Light & Creamy Evaporated Milk
1 tsp coconut essence
100g baby spinach leaves
50g (¼ cup) basmati rice, cooked following packet instructions, to serve
6 stalks broccolini, steamed, to serve

1 Combine the garam masala, turmeric and paprika in a small bowl. Coat the fish with half the spice mixture and season with pepper. Set aside.

2 Heat the oil in a medium non-stick frying pan over medium heat. Add the onion, garlic and ginger. Cook, stirring occasionally, for 7-8 minutes, or until the onion softens. Add remaining spice mix and cook, stirring, for 1 minute.

3 Add evaporated milk and coconut essence to pan and bring to a simmer. Simmer for 3-5 minutes, or until the sauce reduces slightly. Add fish and spinach. Cover and cook for 5 minutes, or until fish is cooked and the spinach wilts. Serve with rice and broccolini. ➤

GF

BAKED SWEET POTATOES WITH LENTILS & RED CABBAGE SLAW

The herbs, spices and a touch of chilli (optional) make this a spud sensation.

see recipe, page 46 >>

You don’t have to sacrifice flavour to eat gluten free

NUTRITION INFO

PER SERVE 1410kJ, **protein** 12g, **total fat** 12g (sat. fat 2g), **carbs** 38g, **fibre** 11g, **sodium** 63mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten free**

SPICY TOMATO BAKED EGGS

PREP TIME: 5 MINS
COOK TIME: 25 MINS
SERVES 2 (AS A BREAKFAST)

- 1 Tbsp olive oil
- 2 red onions, chopped
- 1 small red chilli, deseeded, finely chopped
- 1 clove garlic, sliced
- Small bunch coriander, stalks and leaves chopped separately
- 2 x 400g cans no-added-salt chopped tomatoes
- 1 tsp caster sugar
- 4 x 60g eggs
- 2 small gluten-free bread rolls (optional)

1 **Heat oil** in a medium non-stick frying pan over medium heat. Add onion, chilli, garlic and coriander stalks. Cook, stirring often, for 5 minutes. Stir in tomatoes and sugar. Simmer for 8-10 minutes, or until sauce thickens.

2 **Using the back of a large spoon,** make four dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over low heat for 6-8 minutes, or until the eggs are cooked to your liking.

3 **Scatter with the coriander leaves** and serve one bread roll with each serve, if desired (see Cook's Tip).

NUTRITION INFO GF LC

PER SERVE 1410kJ, **protein** 20g, **total fat** 20g (sat. fat 4g), **carbs** 16g, **fibre** 8g, **sodium** 218mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free** • **Lower carb**

PER SERVE (with 1 gluten-free bread roll) 1940kJ, **protein** 23g, **total fat** 22g (sat. fat 4g), **carbs** 38g, **fibre** 10g, **sodium** 457mg GF

- **Carb exchanges** 2½
- **GI estimate** medium
- **Gluten free**

Mini cauliflower pizzas

With vibrant veg, this looks and tastes divine

MINI CAULIFLOWER PIZZAS

PREP TIME: 20 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

Base

- **350g cauliflower florets (see Cook's Tip)**
- **1 Tbsp water**
- **60g egg, lightly whisked**
- **40g (⅓ cup) grated pizza cheese blend**
- **2 Tbsp gluten-free panko-style crumbs**
- **½ tsp dried Italian herbs**

Topping

- **1 tsp olive oil**
- **⅓ red capsicum, cut into short, thin strips**
- **⅓ yellow capsicum, cut into short, thin strips**
- **80g button mushrooms, sliced**
- **½ small red onion, very thinly sliced**
- **2½ Tbsp reduced-salt-and-sugar tomato sauce**
- **¼ tsp dried Italian herbs**
- **Pinch garlic powder**
- **60g (½ cup) grated pizza cheese blend**
- **2 tsp finely grated parmesan, to serve**
- **Small basil leaves, to serve**

1 **Place the cauliflower** in the bowl of a food processor. Cover and pulse 8-10 times, or until the cauliflower is crumbly and resembles the texture of couscous.

2 **Place a baking tray** in the oven and preheat to 200ºC (fan-forced). Put the cauliflower rice and the water in a shallow, microwave-safe dish. Cover and cook on high/100% for 4-5 minutes, stirring once or twice, or until tender. Set aside to cool. Transfer the cauliflower to a plate lined with a clean tea towel. Squeeze the towel over the sink until no more liquid is released.

3 **Combine the egg,** pizza cheese, panko crumbs and herbs in a medium bowl. Stir in the cauliflower. Place a piece of baking paper on a clean surface. Divide the cauliflower mixture into two and press mixture into two 15cm circles. Carefully transfer the baking paper to the preheated baking tray. Bake for 20-25 minutes, or until the bases are crisp and golden.

4 **Meanwhile, for the** topping, heat the oil in a large non-stick frying pan over medium-high heat. Add the capsicum, mushroom and onion. Cook, stirring often, for 2-3 minutes, or until the vegies start to soften. Transfer to a plate and set aside.

5 **Combine the tomato** sauce, herbs and garlic powder in a small bowl. Spoon the sauce over the baked crusts. Top with the sautéed vegetables and sprinkle with the pizza cheese. Bake for a further 4-5 minutes, or until the cheese melts.

6 **Sprinkle the pizzas** with the finely grated parmesan and basil leaves. Serve. ➤

Cook's Tip

You can replace the 350g cauliflower florets with 2¾ cups purchased cauliflower rice.

Baked sweet potatoes with lentils & red cabbage slaw

Take your sweet potato to a new level with spices and beans

BAKED SWEET POTATOES WITH LENTILS & RED CABBAGE SLAW

PREP TIME: 20 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A LIGHT MEAL)

2 (about 175g each) orange sweet potato, washed and patted dry
1 Tbsp olive oil
1 brown onion, thinly sliced
2 cloves garlic, crushed
4cm piece ginger, peeled, finely grated
1 long green chilli, finely chopped (deseeded if you like)
2 tsp ground cumin
2 tsp ground coriander
85g dried red lentils
400ml water
Finely grated zest of ½ lemon and 2 Tbsp juice
Freshly ground black pepper
2 large tomatoes, roughly chopped
½ small bunch coriander, roughly chopped, plus a few sprigs, to serve
4 Tbsp low-fat Greek-style natural yoghurt
Lemon wedges, to serve (optional)

Red cabbage slaw

2 Tbsp extra virgin olive oil
2 tsp fresh lemon juice
¼ small red cabbage, cored, shredded
1 carrot, peeled, coarsely grated
2 green shallots, finely sliced
2 Tbsp sultanas
1 Tbsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)

1 **Preheat oven** to 200°C (fan-forced). Line a baking tray with baking paper. Put the sweet potatoes on the lined tray and bake for 40 minutes, or until soft.

2 **Meanwhile,** heat the oil in a large non-stick saucepan over medium-high heat. Add onion and cook, stirring, for 3-5 minutes, or until pale golden. Add the garlic, ginger, chilli, cumin and coriander. Cook, stirring, for 1 minute. Add lentils and water to the pan. Stir well and bring to the boil. Skim off any foam that rises to the surface with a spoon. Add the lemon zest and 1 Tbsp lemon juice. Stir, and reduce heat to low.

3 **Cook, partially covered,** stirring the mixture occasionally, for 20 minutes, or until the lentils are tender. Add the tomato, coriander and remaining lemon juice. Cook, stirring, for 5 minutes. If lentils thicken too much, add some water. Season with pepper.

4 **To make the red cabbage slaw,** whisk the oil and lemon juice together in a large bowl and season with lots of ground black pepper. Add the cabbage, carrot, sliced shallots, sultanas and mixed seeds. Toss to combine.

5 **Split the sweet potatoes** and fill with the lentil mixture. Spoon over the yoghurt and sprinkle with the coriander. Serve half a potato each with the coleslaw and lemon wedges, if desired. ■

Cook's Tip
The spiced lentils will continue to thicken after they have been taken off the stovetop. If you're making this in advance, you'll need to add a little extra water when reheating.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA, JASON DONNELLY **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Easy BREAKFASTS

Whip up these delicious morning meals in less than 30 minutes

How our food works for you
see page 82

NUTRITION INFO
PER SERVE 1460kJ, **protein** 20g, **total fat** 21g (sat. fat 3g), **carbs** 16g, **fibre** 11g, **sodium** 292mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

TOFU SCRAMBLE

Here's a different spin on a scramble – with no eggs!

see recipe, page 50 >>

Not just for dessert, pudding is ideal for a zesty summer brekkie

NUTRITION INFO GF LC
PER SERVE 800kJ, **protein** 15g, **total fat** 5g (sat. fat 1g), **carbs** 16g, **fibre** 8g, **sodium** 128mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

CHIA & YOGHURT PUDDINGS WITH BERRIES

PREP TIME: 10 MINS
(+ OVERNIGHT CHILLING)
COOK TIME: 5 MINS
SERVES 4 (AS A BREAKFAST)

60ml (¼ cup) water
5 tsp powdered gelatine
300ml skim milk
45g chia seeds
2 tsp vanilla extract
300ml Jalna BioDynamic Whole Milk Yoghourt
350g mixed berries (such as blueberries, strawberries and raspberries), halved
Chopped mint leaves, to serve

1 **Put water** in a small microwave-safe bowl and sprinkle over the gelatine. Set aside for 10 minutes. Cook in microwave on High/100% for 20 seconds. Stir well until the gelatine completely dissolves.
2 **Place milk,** chia seeds and vanilla in a small saucepan. Cook, stirring, over low heat, until seeds soften. Remove the pan from heat. Add the gelatine mixture to the milk and stir until well combined.
3 **Remove the pan** from the heat and stir in the yoghurt. Pour the mixture evenly between four 185ml (¾ cup) ramekins. Place in the fridge overnight to chill.
4 **Blitz a quarter of the berries** in a bowl with a hand held blender to make a smooth sauce. Cover and put in the fridge until ready to use.
5 **To serve,** run a knife around the inside of the moulds to loosen, then turn puddings out onto plates. Spoon over the berry sauce. Scatter with the rest of the berries and the mint to serve. ➤

LC

POTATO PANCAKES WITH SILVERBEET AND EGGS

Use up any leftover mashed potato for a substantial breakfast.

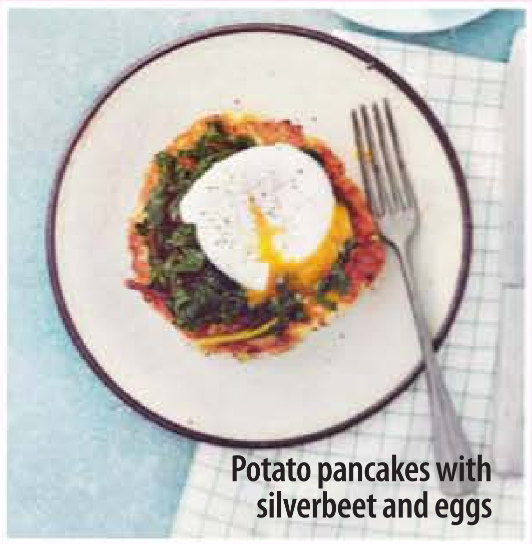
see recipe, page 50 >>

NUTRITION INFO

PER SERVE 1250kJ, **protein** 17g, **total fat** 13g (sat. fat 3g), **carbs** 26g, **fibre** 7g, **sodium** 469mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

Tofu scramble



Potato pancakes with silverbeet and eggs

TOFU SCRAMBLE

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A BREAKFAST)

- **1 Tbsp olive oil**
- **1 small brown onion, finely sliced**
- **1 large clove garlic, crushed**
- **1 tsp ground cumin**
- **½ tsp ground turmeric**
- **½ tsp smoked paprika**
- **280g drained firm tofu**
- **100g cherry tomatoes, halved**
- **½ small bunch parsley, chopped**
- **2 thin slices (30g each) pumpernickel bread or gluten-free bread, to serve**

1 **Heat the oil** in a medium non-stick frying pan over medium heat. Add onion and cook, stirring occasionally, for 8-10 minutes, or until the onion is golden brown and sticky. Add the garlic, cumin, turmeric and paprika. Cook, stirring, for 1 minute.

2 **Put the tofu in a bowl** and roughly mash with a fork, keeping some pieces chunky. Add to the pan and cook, stirring, for 3 minutes.

3 **Increase the pan heat** to high and add the halved tomatoes. Cook, stirring, for 5 minutes, or until they begin to soften. Stir in the parsley. Serve with the bread.

POTATO PANCAKES WITH SILVERBEET AND EGGS

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A BREAKFAST)

- **300g mashed potato made from Spud Lite potatoes (see Cook's Tip)**
- **4 green shallots, very finely chopped**
- **1 Tbsp plain wholemeal flour**
- **½ tsp baking powder**
- **3 x 60g eggs**
- **2 tsp olive oil**
- **2 tsp white vinegar**
- **240g silverbeet, stalks and leaves roughly chopped, or baby spinach, chopped**

1 **Mix the mash,** shallots, flour, baking powder and 1 egg in a bowl. Heat the oil in a large non-stick frying pan over medium heat. Spoon in the potato mix to make 2 mounds. Flatten them to form two 15cm discs. Cook for 5-8 minutes, or until the undersides are set and golden. Carefully flip and cook on the other side. Transfer to a plate, covering to keep warm.

2 **Meanwhile,** bring a medium saucepan of water to the boil. Add the vinegar and bring to a simmer. Crack one of the two remaining eggs into a small bowl. Use a wooden spoon to create a whirlpool in the pan. Carefully slide the egg into the middle of the whirlpool. Cook for 2-3 minutes for a soft, or 3-4 minutes for a firm, poached egg. Use a slotted spoon to transfer to a bowl and cover loosely with foil. Repeat with the remaining egg.

3 **While poaching eggs,** wash silverbeet and put in a saucepan with some of the water still clinging to it. Cover and cook over medium heat for 5 minutes, or until it wilts and is tender.

4 **Top pancakes** with silverbeet and poached egg. Serve while the yolks are still runny.

COOK'S TIP

Don't have any mash left over from a previous meal? Peel and boil 400g potatoes, then drain, mash and spread out on a plate to cool quickly. ■

By adding in power ingredients, you fuel your body for the day ahead

Afternoon BOOSTER

This healthy pot of yoghurt with fruit and seeds is a real mid-afternoon pick-me-up – and it's ready in just 10 minutes!

MELON, MUESLI AND YOGHURT POTS

PREP TIME: 10 MINS

Divide 240g chopped **melon** (honeydew melon, watermelon and rockmelon) between 3 small jars or bowls. Top each with 2 Tbsp **fat-free natural yoghurt**, sprinkle over 2 Tbsp **low-fat natural muesli** and 1 tsp mixed **seeds.** Drizzle over ½ tsp **honey** per jar. Serve immediately. **Serves 3 (as a snack).** ■

NUTRITION INFO

PER SERVE 557kJ, **protein** 5g, **total fat** 2g (sat. fat 0g), **carbs** 22g, **fibre** 3g, **sodium** 60mg

- **Carb exchanges** 1½
- **GI estimate** low

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

On the SIDE

Don't let sides be a diet demise. Fill out your plate with nutritious vegetables and whole grains. Each of these recipes makes plenty, so pack up the leftovers and enjoy them another day

KALE AND ROOT VEGETABLE SALAD

PREP TIME: 15 MINS
(+ 30 MINS STANDING)
COOK TIME: 35 MINS
SERVES 4 (AS A SIDE)

- 1 large beetroot, trimmed, peeled, quartered, cut into thin wedges
- 2 carrots, sliced
- 1½ Tbsp olive oil
- Freshly ground black pepper
- 125g kale, inner stem removed, leaves chopped
- 1 Tbsp fresh lemon juice
- 2 tsp honey mustard or gluten-free mustard
- 1 clove garlic, crushed
- 2 Tbsp raisins
- 2 Tbsp sunflower seeds

1 **Preheat oven** to 200°C (fan-forced). Place a non-stick baking tray into the oven to preheat.

2 **Meanwhile,** combine the beetroot wedges, carrot and 1 Tbsp oil in a medium bowl. Season with pepper and toss to combine. Carefully spread the beetroot and carrot in a single layer in the heated pan. Roast for 30-35 minutes, stirring once, or until the vegetables are just tender.

3 **Put the kale in a large bowl.** Add the remaining oil and toss to combine. Whisk the lemon juice, mustard and garlic in a small bowl.

4 **Remove the vegetables from the oven.** Add the lemon juice mixture and raisins. Toss to combine. Set aside to cool for 5 minutes. Add the vegetable mixture to kale. Toss to coat. Set aside for 30 minutes. Top with sunflower seeds before serving. ➤

How our food works for you
see page 82

NUTRITION INFO GFO
PER SERVE 511kJ, **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 13g, **fibre** 5g, **sodium** 87mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**

ROASTED ROSEMARY PUMPKIN

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A SIDE)

- **500g butternut pumpkin, halved, seeds removed, cut into 1.25cm-thick slices**
- **1 eschalot, cut into wedges**
- **1 Tbsp olive oil**
- **1 tsp chopped rosemary**
- **Freshly ground black pepper**
- **2 Tbsp finely shredded parmesan**
- **2 Tbsp chopped walnuts, toasted (see Cook's Tip)**

1 **Preheat oven** to 200°C (fan-forced). Line a large baking dish with non-stick baking paper.
2 **Place the pumpkin** and eschalot in a large bowl. Add the oil, rosemary and pepper. Toss to combine. Spread the pumpkin mixture in a single layer in the lined dish. Roast for 30 minutes, turning pumpkin once, or until tender.
3 **To serve,** sprinkle with the parmesan and walnuts.

NUTRITION INFO GF LC
PER SERVE 633kJ, **protein** 5g, **total fat** 11g (sat. fat 2g), **carbs** 8g, **fibre** 2g, **sodium** 67mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

Cook's Tip
To toast walnuts, cook in an oven preheated to 170°C (fan-forced) for 8-10 minutes, or until lightly toasted and aromatic.

NUTRITION INFO
PER SERVE 610kJ, **protein** 6g, **total fat** 3g (sat. fat 0g), **carbs** 25g, **fibre** 5g, **sodium** 30mg
- **Carb exchanges** 1½
- **GI estimate** low

LEMON TOASTED FARRO AND CAULIFLOWER PILAF

PREP TIME: 10 MINS
COOK TIME: 45 MINS
SERVES 4 (AS A SIDE)

2 tsp olive oil
¾ cup farro
375ml (1½ cups) water
½ brown onion, chopped
1 tsp finely grated lemon zest
1 cup small florets cauliflower
2 cloves garlic, crushed
¾ tsp ground turmeric
Freshly ground black pepper
1½ Tbsp fresh lemon juice
2 tsp chopped thyme leaves

1 Heat the oil in a large heavy-based saucepan over medium-high heat. Add the farro and cook, stirring, for 5 minutes, or until the farro has a nutty aroma. Add the water and onion. Cover and bring to the boil over high heat. Reduce heat to low and cook, covered, for 30 minutes, or until the farro is tender.

2 Stir the lemon zest, cauliflower, garlic, ground turmeric and pepper into the farro mixture. Cook, covered, over medium-high heat for 4 minutes. Remove the lid and then cook for a further 4 minutes, stirring occasionally, or until cauliflower is tender and liquid is absorbed. Stir in the lemon juice and thyme. Serve.

HEALTH TIP

Farro is a nutritious grain made from roasted green wheat. It is available in health food stores and selected greengrocers. ➤

NUTRITION INFO GF
PER SERVE 620kJ, **protein** 2g, **total fat** 4g (sat. fat 1g), **carbs** 24g, **fibre** 3g, **sodium** 82mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten free**

HONEYED TURNIPS

PREP TIME: 15 MINS
COOK TIME: 45 MINS
SERVES 4 (AS A SIDE)

750g turnips, peeled, cut into 4cm pieces
3 Tbsp yellow box honey
2 Tbsp light margarine, melted
Freshly ground black pepper
Chopped thyme leaves, to serve

1 **Preheat oven** to 180°C (fan-forced). Place a large baking dish in the oven to preheat for 5 minutes. Carefully spread the turnip pieces out over the heated dish in a single layer. Drizzle with the honey and margarine.

2 **Roast the turnip pieces** for 35-40 minutes, stirring once, or until the turnip is tender. Transfer to a serving dish. Sprinkle with pepper and thyme. Serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Measure up

Kit out your kitchen to make food prep a pleasure

① **Davis & Waddell Bamboo Utensils** ($24.99 for set of 4, kitchenwarehouse.com.au)

② **Microplane Premium Zester Grater in Black** ($55.95, kitchenwarehouse.com.au)

③ **Wiltshire Silicone Tongs with Scalloped Head** ($8, wiltshire.com.au)

④ **Joseph Joseph Nest Measure in Multi-Colour** ($29.95 for set of 8, kitchenwarehouse.com.au)

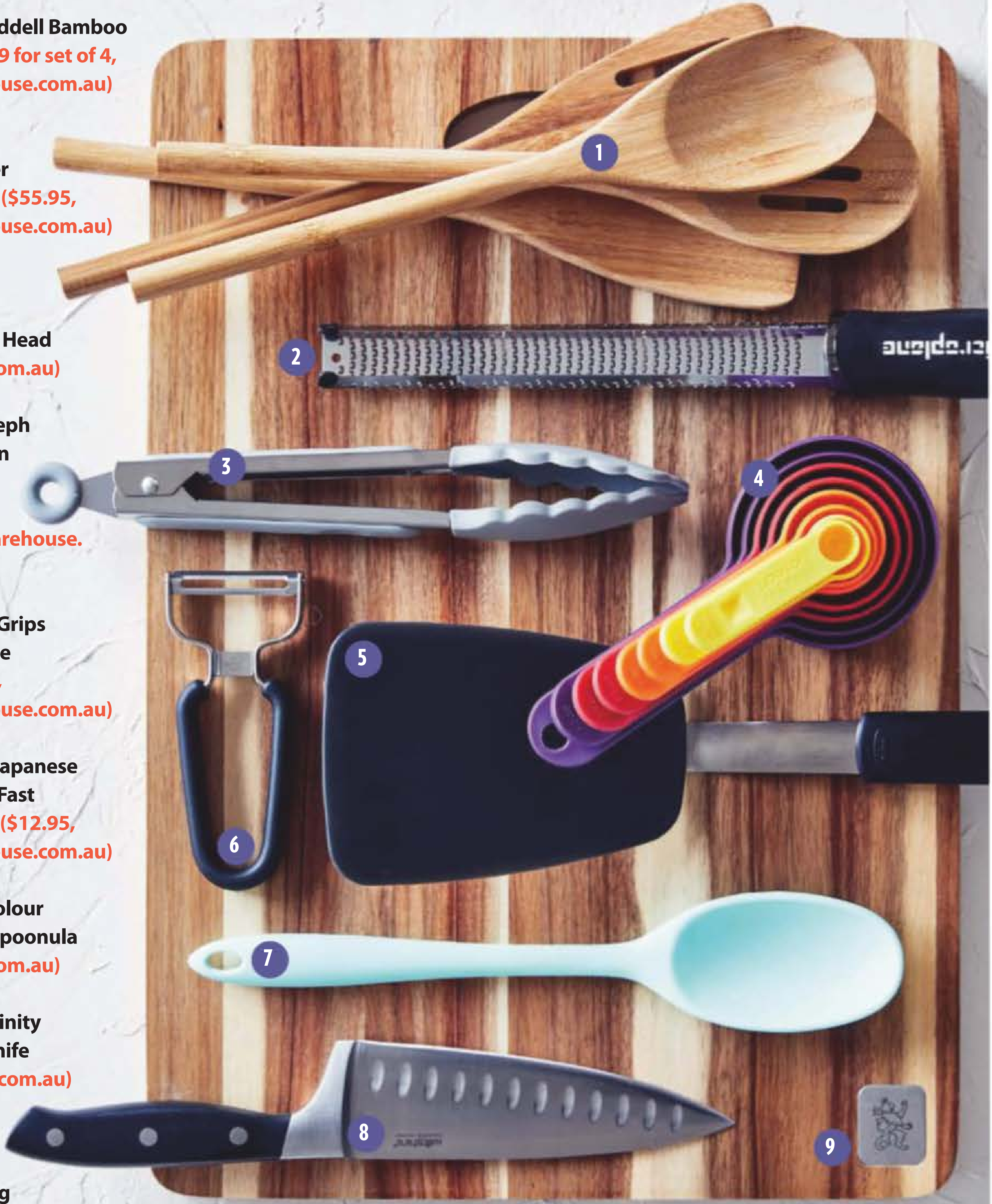
⑤ **OXO Good Grips Flexible Silicone Turner** ($21.95, kitchenwarehouse.com.au)

⑥ **Savannah Japanese Blade Speed Y Fast Peeler in Black** ($12.95, kitchenwarehouse.com.au)

⑦ **Wiltshire Colour Rush Silicone Spoonula** ($6, wiltshire.com.au)

⑧ **Wiltshire Trinity 15cm Cook's Knife** ($16, wiltshire.com.au)

⑨ **Stanley Rogers Acacia Large Chopping Board** ($39.99, stanleyrogers.com.au) ■



WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

REFRESH THE *favourites*

Pizza, tacos and burgers can still have a place at the table – just with a few simple updates. Learn the culinary tricks to cut down kilojoules, salt and fat

CHICKEN TOSTADAS

Heart Smart

Most tostadas are made with deep-fried tortillas, which spells trouble for your arteries. Keep these low-fat by spraying corn tortillas with cooking spray and baking for a crisp texture.

CHICKEN TOSTADAS

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

- 80g shredded cooked skinless chicken breast
- ½ tsp ground cumin
- ¼ tsp chilli powder
- 60g (¼ cup) fat-free Greek-style natural yoghurt
- 1 tsp chipotle pepper in adobo sauce
- 4 x 15cm mini corn tortillas
- 2 light The Laughing Cow cheese triangles
- 1 cup shredded red cabbage
- ¼ cup roughly chopped coriander
- Lime wedges, to serve (optional)

1 **Preheat oven** to 190°C (fan-forced). Line a baking tray with baking paper.

2 **Combine chicken,** cumin and ground chillies in a small bowl. Combine yoghurt and chipotle pepper in a separate bowl.

3 **Spray the tortillas with cooking spray** and cook in preheated oven for 8-10 minutes, turning once, or until slightly crisp and lightly browned.

4 **Spread the tortillas with cheese.** Top with the chicken, cabbage and coriander. Serve with yoghurt mixture and lime wedges, if using.

HEALTH TIP

To boost the fibre of this meal, finish off with a piece of fruit. ➤

NUTRITION INFO GF

PER SERVE 1160kJ, **protein** 21g, **total fat** 8g (sat. fat 3g), **carbs** 28g, **fibre** 3g, **sodium** 455mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten free**

How our food works for you
see page 82

NUTRITION INFO GFO

PER SERVE 2000kJ, **protein** 48g, **total fat** 13g (sat. fat 2g), **carbs** 49g, **fibre** 8g, **sodium** 445mg

- **Carb exchanges** 3
- **GI estimate** medium
- **Gluten-free option**

Heart Smart

Thai takeout gets a makeover by using lower-salt ingredients, such as reduced-salt soy sauce. The sauce gets its heat from red chilli flakes rather than salt-laden chilli sauces. Use reduced-fat peanut butter to keep calories in check but, if you like, use full-fat, no-added-sugar-or-salt peanut butter for more heart-healthy fats.

SPICY THAI NOODLES WITH CHICKEN

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

85g dried rice noodles
1 tsp olive oil
250g skinless chicken breast, trimmed of fat, cut in half horizontally
½ red capsicum, cut into thin strips
½ green capsicum, cut into thin strips
1 large carrot, cut into thin sticks
2 Tbsp light crunchy peanut butter
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
Pinch red chilli flakes
2 green shallots, thinly sliced
Lime wedges, to serve

1 **Cook the noodles** in a large saucepan of boiling water, following packet directions, or until tender. Drain, reserving 80ml (⅓ cup) of the cooking water. Return noodles to pan.

2 **Meanwhile,** heat the oil in large non-stick frying pan over medium heat. Add the chicken and cook for 2-3 minutes each side, or until cooked through. Transfer to a plate. Add capsicum and carrot to the pan. Cook, tossing often, for 2-3 minutes, or until tender crisp.

3 **Whisk peanut butter,** soy sauce, chilli flakes and 1-2 Tbsp of the reserved cooking liquid in a small bowl.

4 **Thinly slice the chicken.** Add chicken and vegetables to the noodles. Add the sauce and toss to coat, stirring in the additional reserved cooking water if needed. Top with the sliced green shallots, and serve with lime wedges.

COOK'S TIP

If you like, substitute 80g dried wholemeal spaghetti or gluten-free spaghetti for the rice noodles. Cook according to package directions, reserving ⅓ cup of the cooking water.

➤

18+

WHAT IS
AVAXHOME?

AVAXHOME -

the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

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Heart Smart

To make pizza more nutritious, use wholemeal flour in the crust, top it with fresh tomatoes and rocket, and use just a little bit of low-salt bacon instead of pepperoni, or even better – go vego and add extra vegetables such as mushroom and capsicum.

NUTRITION INFO

PER SERVE 1910kJ, **protein** 20g, **total fat** 13g (sat. fat 5g), **carbs** 64g, **fibre** 9g, **sodium** 359mg

- **Carb exchanges** 4½
- **GI estimate** medium

BLT PIZZA

Healthier than home delivery but with all the taste, fresh from your oven.

see recipe, page 68 >>

Say 'hola!' to a fresh and flavourful Mexican staple

NUTRITION INFO

PER SERVE 1740kJ, **protein** 34g, **total fat** 15g (sat. fat 5g), **carbs** 32g, **fibre** 7g, **sodium** 659mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

Heart Smart

Choose a lean cut of meat to cut kilojoules in tacos. Just slow-roast it to get a tender texture, like a fattier cut would have. Use healthful toppers such as low-fat sour cream, fresh salsa, and pickled onions.

GFO

BEEF TACOS

Bring a salsa sensation to your daily dinner table.

see recipe, page 68 >>

BEEF GOULASH SOUP

PREP TIME: 15 MINS
COOK TIME: 35 MINS
SERVES 4 (AS A LIGHT MEAL)

1 tsp olive oil
170g beef sirloin steak, trimmed of fat, cut into 2cm pieces
1 small brown onion, chopped
500ml (2 cups) water
375ml (1½ cups) salt-reduced beef stock
400g can no-added-salt chopped tomatoes
1 carrot, thinly sliced
1 tsp cocoa powder
1 clove garlic, crushed
1 cup finely shredded cabbage
30g wide dried egg noodles
2 tsp ground paprika, plus extra to serve (optional)
60g (¼ cup) light sour cream
Chopped parsley, to serve (optional)

1 **Heat oil in** a large saucepan over medium-high heat. Add meat and cook, stirring often, for 3-4 minutes, or until browned. Add the onion and cook, stirring often, for 3 minutes or until onion softens.
2 **Add the water,** stock, tomatoes, carrot, cocoa powder and garlic to pan. Increase heat to high and bring to the boil. Reduce heat to medium and simmer, uncovered, for 15 minutes or until meat is tender.
3 **Add cabbage,** noodles and paprika to pan. Simmer for 5-7 minutes, or until noodles are tender, but still firm. Remove pan from heat.
4 **Divide soup** among serving bowls. Top with sour cream, parsley and extra paprika, if desired.

COOK'S TIP

You can freeze soup in individual containers for up to 3 months. Don't forget to label and date first. ➤

Heart Smart

Amp up flavour with diced tomatoes, cocoa powder, garlic and paprika without relying on salt. And cut the saturated fat by using a lean beef cut, such as sirloin.

NUTRITION INFO LC
PER SERVE 737kJ, **protein** 14g, **total fat** 6g (sat. fat 3g), **carbs** 13g, **fibre** 5g, **sodium** 308mg
- **Carb exchanges** 1
- **GI estimate** low
- **Lower carb**

SOUTHWEST SALMON CHOWDER

PREP TIME: 15 MINS
COOK TIME: 35 MINS
SERVES 8 (AS A LIGHT MEAL)

375ml (1½ cups) water
600g skinless and boneless salmon fillets or 3 x 210g cans skinless and boneless salmon, drained and flaked
1 Tbsp olive oil
2 red or orange capsicums, chopped
3 green shallots, thinly sliced, white and green parts separated
3 Tbsp plain flour or gluten-free flour
875ml (3½ cups) salt-reduced vegetable stock or gluten-free stock
3 cups chopped unpeeled red-skinned potatoes
625ml (2½ cups) skim milk
Freshly ground black pepper
Pinch ground chillies, plus extra to serve (optional)
2 cups fresh or frozen corn kernels
1 tsp fresh lime zest
½ avocado, finely chopped, to serve
Lime wedges, to serve

1 **Bring the water** to simmer in a large non-stick frying pan. Add the salmon and return to a simmer. Simmer, covered, for 6-8 minutes, or until salmon flakes easily. Remove salmon. Transfer to a plate. Discard liquid. Flake salmon into pieces (for canned salmon, skip this step and omit the water).

2 **Heat the oil** in a 6-7L stoveproof casserole dish over medium-high heat. Add capsicum and white parts of the shallots. Cook, stirring, for 3 minutes, until just tender. Add flour and cook, stirring, for 1 minute. Gradually stir in stock.

3 **Add potato,** milk, pepper and chillies to the pan. Bring to boil. Reduce heat to medium-low and cook, covered, for 15 minutes, or until slightly thick and vegetables are tender. Add corn and cook, stirring, for 2 minutes. Add salmon and lime zest. Cook, stirring gently, until heated through.

4 **To serve,** divide among serving bowls. Top with the green parts of the shallots and the avocado, lime wedges and extra ground chillies, if you like.

Heart Smart
Traditional creamy chowders are loaded with fat. Sub in stock for some of the milk to cut fat grams. The potatoes, corn, capsicums and salmon add plenty of bulk and will leave you satisfied.

NUTRITION INFO GFO
PER SERVE 1470kJ, protein 24g, **total fat** 15g (sat. fat 4g), **carbs** 28g, **fibre** 5g, **sodium** 367mg
- **Carb exchanges** 2
- **GI estimate** medium
- **Gluten-free option**

CAJUN HAMBURGERS

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A MAIN)

350g extra lean beef mince
2 cups button mushrooms, finely chopped
1 tsp Cajun seasoning
Freshly ground black pepper
1 brown onion, sliced into 1cm-thick rounds
4 Bakers Delight Hi-Fibre Lo-GI white roll or gluten-free rolls
8 lettuce leaves
2 tomatoes, sliced
1 Tbsp salt-reduced tomato sauce
1 Tbsp mustard or gluten-free mustard

1 Combine mince, mushrooms, Cajun seasoning and pepper in a large bowl. Shape into four patties.

2 Preheat a chargrill on medium. Spray the onion and patties with cooking spray. Add the patties and onion slices to the grill. Cook, turning once, for 10-12 minutes, or until the patties are cooked through and the onion is just tender. Add the rolls, cut-side down, to the grill for the last minute, or until toasted.

3 Separate onion into rings. Arrange lettuce, tomato, patty and onion on bases of toasted rolls. Spread the tops with tomato sauce and mustard. Place on top. Serve. ➤

Heart Smart

The secret to getting juicy burgers with lean beef? Mix in cooked button mushrooms. Mushrooms provide umami, or savoury flavour, plus moisture so you won't miss the meat.

NUTRITION INFO **GFO**

PER SERVE 1350kJ, **protein** 28g, **total fat** 5g (sat. fat 2g), **carbs** 35g, **fibre** 10g, **sodium** 616mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten-free option**

ALMOND-CRUSTED CHICKEN STRIPS

Takeaway-style chicken you can make at home.

see recipe, page 69 >>

NUTRITION INFO
PER SERVE 1710kJ, **protein** 39g, **total fat** 12g (sat. fat 2g), **carbs** 32g, **fibre** 8g, **sodium** 410mg
- **Carb exchanges** 2
- **GI estimate** low

Heart Smart

Slash the saturated fat in fried chicken tenders by using chicken breast tenderloins rather than dark meat. Then crumb them with almond meal and bake, rather than frying.

Heart Smart

Fat grams add up quickly in traditional stroganoff. Swap fatty beef for lean pork. Maintain a creamy sauce by using light sour cream and building a roux, or thickener, from salt-reduced stock.

GFO

PORK STROGANOFF

Rich, juicy pork meets perfect pasta for restaurant-level dining at your place.

see recipe, page 69 >>

NUTRITION INFO

PER SERVE 1610kJ, **protein** 31g, **total fat** 12g (sat. fat 4g), **carbs** 34g, **fibre** 8g, **sodium** 253mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten-free option**

BLT PIZZA

PREP TIME: 10 MINS
(+ 2 HOURS PROVING)
COOK TIME: 20 MINS
SERVES 4 (AS A MAIN MEAL)

150g (1 cup) plain flour
160g (1 cup) wholemeal plain flour
8g sachet dried yeast
160ml (⅔ cup) lukewarm water
1 Tbsp olive oil
2 tsp polenta
3-4 egg tomatoes, thinly sliced
1 small red onion, thinly sliced
2 slices lean bacon, cooked until crisp, finely chopped (see Cook's Tips)
90g (¾ cup) grated mozzarella
3 cups rocket leaves
1 Tbsp balsamic glaze

1 **Spray a medium bowl** with cooking spray. Put the flours and yeast in the bowl of a food processor. With the motor running, add the warm water and oil and process until the mixture forms a ball. Remove and shape the dough into a smooth ball. Put the dough in the oiled bowl, turning to grease the surface of the dough. Cover and set aside in a warm place for 1½-2 hours, or until it doubles in size.

2 **Preheat oven** to 220°C (fan-forced). Spray a baking tray with cooking spray and sprinkle with the polenta. Roll the dough on a lightly floured surface into a 20cm oval or rectangle. Put dough on the prepared tray. Bake for 8 minutes.

3 **Remove the base from the oven.** Top with the sliced tomato, onion and bacon. Sprinkle over the mozzarella. Bake for a further 8 minutes, or until the crust is golden and the cheese bubbles.

4 **Top the pizza** with some of the rocket (serve the rest of the rocket on the side). Set pizza aside for 3 minutes. Drizzle with the balsamic glaze. Cut into 4 pieces to serve.

BLT pizza

COOK'S TIPS

- **If you prefer not to use a food processor, stir together both flours and the yeast in a large bowl. Stir in the warm water and oil until moistened. Turn dough out onto a lightly floured surface. Knead until smooth and elastic, about 3 minutes. Let rise and continue as directed.**
- **To cook the bacon, cook in a small non-stick frying pan over medium heat for 3-4 minutes, or until the bacon is crisp.**

BEEF TACOS

PREP TIME: 20 MINS
COOK TIME: 2 HOURS 40 MINS
SERVES 8 (AS A MAIN MEAL)

250ml (1 cup) salt-reduced beef stock or gluten-free stock
80g (⅓ cup) no-added-salt tomato paste
60ml (¼ cup) apple cider vinegar
1 medium canned chipotle pepper in adobo sauce
4 cloves garlic, crushed
2 tsp ground cumin
1 tsp dried oregano, crushed
1.25kg chuck steak, trimmed of fat, cut into 4cm chunks
1 large white onion, halved, thinly sliced
1 large red capsicum, chopped
16 x 16cm corn tortillas, warmed following packet instructions
4 cups shredded lettuce
1 cup fresh tomato salsa (see Cook's Tip)
60g (¼ cup) light sour cream
½ cup chopped coriander

Beef tacos

Quick pickled red onion

1½ cups slivered red onion
125ml (½ cup) lime juice

1 **Preheat oven** to 160°C (fan-forced). Put the stock, tomato paste, vinegar, chipotle pepper, garlic, cumin and oregano in a blender. Blend until smooth.

2 **Spray a large stoveproof** and ovenproof casserole dish with cooking spray. Heat over medium heat. Add half the meat and cook for 2-3 minutes, stirring occasionally, until the beef is browned. Remove from the pan. Repeat with the remaining beef. Return all the beef to the dish.

3 **Add the onion** and capsicum to the pan. Pour the sauce over the beef and vegetables. Bring to the boil. Cover with the lid and place in the oven. Cook for 2½ hours, or until the beef is very tender.

4 **Meanwhile,** to make the quick pickled red onion, place red onion in a bowl. Add lime juice. Toss to combine. Press down on the onion with the back of a fork to submerge onion. Cover and put in fridge for at least 2 hours.

Almond-crusted chicken strips

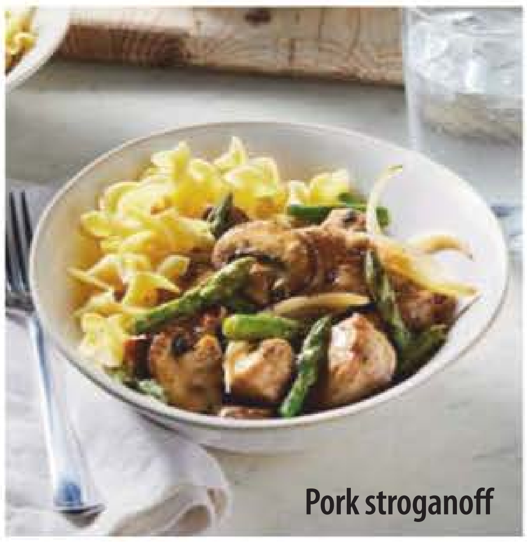
5 Remove the meat from the pot and transfer to a dish, reserving the cooking liquid. Use two forks to shred the meat, discarding any fat. Skim the fat from the cooking liquid. Bring the cooking liquid to a simmer over medium heat. Simmer for about 5 minutes, or until the liquid is reduced by about half. Return the beef to the dish. Toss to coat.

6 Drain the pickled red onion. To serve, top the tortillas with the beef, lettuce, salsa, sour cream, coriander and pickled onion.

COOK'S TIP

To make a quick, fresh salsa, combine finely chopped tomato, red onion and a little lime juice.

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Pork stroganoff

ALMOND-CRUSTED CHICKEN STRIPS

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A MAIN)

1 egg white (from 60g egg)
1 Tbsp water
40g (¼ cup) wholemeal plain flour
75g (½ cup) panko breadcrumbs
30g (⅓ cup) almond meal
1 tsp ground paprika
½ tsp garlic powder
¼ tsp cayenne pepper (optional)
Freshly ground black pepper
500g chicken tenderloins, trimmed of fat and sinew
3 Tbsp 97% fat-free mayonnaise
1 Tbsp honey
1 Tbsp Dijon mustard
1 tsp red wine vinegar or apple cider vinegar
Chopped parsley (optional)
300g broccoli, cut into florets, steamed, to serve
300g cauliflower, cut into florets, steamed, to serve

1 Preheat oven to 210°C (fan-forced). Line a baking tray with baking paper. Whisk the egg and water in a shallow dish. Put flour in a second shallow dish. Combine the breadcrumbs, almond meal, paprika, garlic powder, cayenne pepper (if using) and pepper in a separate shallow dish.

2 Dip the chicken in the flour, followed by the egg white mixture and then the crumb mixture. Arrange on the lined tray. Bake for 18-20 minutes, or until the chicken is cooked.

3 Meanwhile, combine the mayonnaise, honey, mustard and vinegar in a small bowl.

4 Sprinkle the chicken with the parsley, if using. Serve with broccoli, cauliflower and the mustard mayonnaise.

PORK STROGANOFF

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 6 (AS A MAIN)

250g spiral pasta or gluten-free pasta
375ml (1½ cups) salt-reduced beef stock or gluten-free stock
130g (½ cup) light sour cream
40g (¼ cup) plain flour or gluten-free flour
1 tsp Dijon mustard or gluten-free mustard
½ tsp chopped thyme leaves
Freshly ground black pepper
1½ Tbsp olive oil
500g pork tenderloin, trimmed of fat and sinew, cut into 2.5cm chunks
350g button mushrooms, sliced
350g asparagus spears, trimmed, cut into 2.5cm pieces
1½ large brown onions, sliced

1 Cook the pasta in a large saucepan of boiling water following packet directions, until al dente. Drain well. Cover and set aside to keep warm.

2 Meanwhile, whisk together 125ml (½ cup) stock, the sour cream, flour, mustard, thyme and pepper.

3 Heat 1 tsp oil in a large non-stick frying pan over medium-high heat. Add half the pork and cook for 2-3 minutes, turning often, until the pork is just cooked. Transfer to a plate. Repeat with another teaspoon of oil and rest of pork. Remove from pan.

4 Heat the remaining oil in the pan over medium-high heat. Add the mushroom, asparagus and onions. Cook, stirring occasionally, for 5 minutes, or until the mushroom is tender. Add the remaining stock to the pan. Bring to a simmer. Reduce heat to medium-low. Stir in the sour cream mixture and cook, stirring, until it thickens and comes to a simmer. Simmer for 2 minutes. Stir in the pork.

5 Serve the pork mixture over the pasta. ■

LOWER-CARB

DESSERTS

Sweets are often loaded with sugars and fats, so try these lighter and lower-carb treats to hit your sweet spot

GF LC

CHOCOLATE ESPRESSO PANNACOTTA

A decadent dessert so sweet and rich your guests won't know the difference.

see recipe, page 74 >>

How our food works for you

see page 82

NUTRITION INFO

PER SERVE 400kJ, **protein** 6g, **total fat** 3g (sat. fat 2g), **carbs** 11g, **fibre** 2g, **sodium** 80mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

WATERMELON, MINT AND STRAWBERRY FRUIT SALAD

This fresh, fruity treat has an unexpected twist.

see recipe, page 74 >>

NUTRITION INFO

PER SERVE 397kJ, **protein** 3g, **total fat** 3g (sat. fat 0g), **carbs** 11g, **fibre** 5g, **sodium** 21mg

- **Carb exchanges** ½
- **GI estimate** medium
- **Gluten free**
- **Lower carb**

Keep your cool with fresh mint leaves and cucumber

GF LC

CRANBERRY GRANITA

Take a chill pill and whip up this berry nice blend to keep in the freezer.

see recipe, page 75 >>

NUTRITION INFO

PER SERVE 152kJ, **protein** 1g, **total fat** 1g (sat. fat 0g), **carbs** 5g, **fibre** 1g, **sodium** 33mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

CHIA AND PASSIONFRUIT PUDDING

Wow your guests at
your next dinner party
with this tropical delight.
see recipe, page 75 >>

NUTRITION INFO

PER SERVE 815kJ, **protein** 7g, **total fat** 11g (sat. fat 5g), **carbs** 10g, **fibre** 12g, **sodium** 53mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

CHOCOLATE ESPRESSO PANNACOTTA

PREP TIME: 15 MINS
(+ 6 HOURS SETTING)
SERVES 4 (AS A DESSERT)

250ml (1 cup) hot freshly brewed coffee
2 Tbsp Dutch-processed cocoa
⅓ cup granulated sugar substitute
60ml (¼ cup) boiling water
3 tsp powdered gelatine
250ml (1 cup) light milk
1 tsp vanilla extract
3 Tbsp Natvia Smooth Choc Sauce, Zero Added Sugar
12 chocolate-coated coffee beans, to serve
16 raspberries, to serve

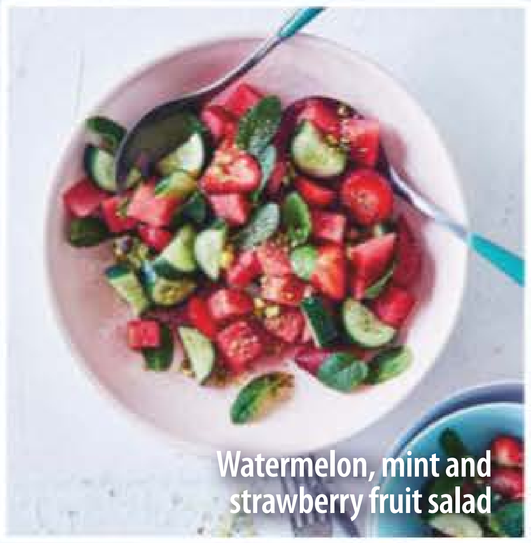
1 **Put the hot coffee,** cocoa and sugar substitute in a heatproof jug. Stir until the mixture is well combined and smooth. Set aside.

2 **Put the boiling water** in a small heatproof bowl. Sprinkle over the gelatine. Stir until almost dissolved. Place in the microwave and then cook on High/100% for 15 seconds. Stir well. Pour into the chocolate coffee mixture. Set aside to cool for 10 minutes.

3 **Stir the milk and vanilla extract** into the coffee mixture. Pour the mixture evenly among 4 x 160ml (⅔ cup) ramekins or moulds. Place in the fridge for 4-6 hours or until set.

4 **Use a warm, damp cloth** to rub over the base of the ramekins or moulds. Carefully turn out onto serving plates. Top with chocolate sauce, chocolate-coated coffee beans and raspberries to serve.

Chocolate espresso pannacotta


Watermelon, mint and strawberry fruit salad

WATERMELON, MINT AND STRAWBERRY FRUIT SALAD

PREP TIME: 10 MINS
SERVES 2 (AS A DESSERT)

160g (1 cup) chopped seedless watermelon
250g small strawberries (halved or quartered) or 125g raspberries
1 small Lebanese cucumber, chopped
¼ cup small mint leaves
1 Tbsp Ocean Spray Light Cranberry Juice
1 Tbsp chopped unsalted, shelled pistachio nuts

1 **Put the watermelon,** strawberry chunks or raspberries, the cucumber and mint in a bowl. Toss to combine. Add cranberry juice and toss to combine.

2 **Divide the fruit salad** and juices between 2 serving bowls. Sprinkle with nuts and serve.

HEALTH TIP

Most vegetables, such as cucumbers, are low in carbs but rich in nutrients and can be used in a variety of ways, including dessert!

Passions run high when dessert is this good

Cranberry granita

Chia and passionfruit pudding

CRANBERRY GRANITA

PREP TIME: 5 MINS
(+ 4-6 HOURS FREEZING)
SERVES 4 (AS A DESSERT)

- **500ml (2 cups) Ocean Spray Light Cranberry Juice**
- **3 Tbsp fresh lime juice**
- **4 Tbsp thick Greek-style natural yoghurt**
- **Fresh pomegranate seeds, to serve (optional)**

1 **Pour the cranberry** and lime juices into a shallow freezer-proof container. Cover with foil and place in freezer for 1 hour or until icy crystals form around the edges of the container. Use a fork to roughly break up the mixture.

2 **Cover with foil** and return container to the freezer for 3-4 hours, using a fork to break up the mixture into coarse crystals, every hour, until firm.

3 **Use a fork** to scrape granita into flakes. As you scrape off granita, transfer to new airtight container. (Keep in freezer; remove, as you go, to add more granita.) Once all granita in container has been scraped, place in freezer for 20 minutes before serving (see Tip).

4 **Divide the granita** among small chilled glass bowls. Top with yoghurt and pomegranate seeds, if using, and serve.

COOK'S TIP

You can keep the granita in the freezer for up to 1 month. Remove from the freezer for 5 minutes before serving. Use a fork to break up the flakes. Serve.

CHIA AND PASSIONFRUIT PUDDING

PREP TIME: 10 MINS
(+ 3 HOURS CHILLING)
SERVES 2 (AS AN OCCASIONAL DESSERT)

- **3 Tbsp chia seeds**
- **125ml (½ cup) light coconut milk**
- **100ml skim milk**
- **2 Tbsp granulated sugar substitute or sugar-free maple syrup**
- **1 tsp vanilla extract**
- **4 passionfruit, halved, pulp removed**

1 **Put the chia seeds,** coconut milk, skim milk, sugar substitute and vanilla extract in a jug. Stir well. Pour the mixture evenly between 2 small glasses. Cover and put in the fridge for 2-3 hours, or until the mixture is thick.

2 **Spoon the passionfruit pulp** evenly over the puddings and serve.

COOK'S TIP

Keep in the fridge for up to 3 days (without the passionfruit on the top). ■

RECIPES ALISON ROBERTS, SHANNON LAVERY **PHOTOGRAPHY** ROB PALMER
STYLING VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

Gluten-free PRODUCTS

Gluten-free foods have come a long way in recent years both nutritionally and in taste!

There is now a huge array of gluten-free products available in major supermarkets and specialty health stores.

When choosing your gluten-free foods, be sure to go for those that are low in saturated fat and sodium (salt), and high in fibre. Plus, don't forget there are plenty of foods that are naturally gluten free and perfect to include in your daily diet.

Check out some of our favourite gluten-free products on the market. ■

CRACKERS

- ***Orgran* Buckwheat Crispibread,** $2.99.
- ***Eat Rite* Brown Rice Crackers (Tamari Seaweed, and Chia & Quinoa),** $3.69.

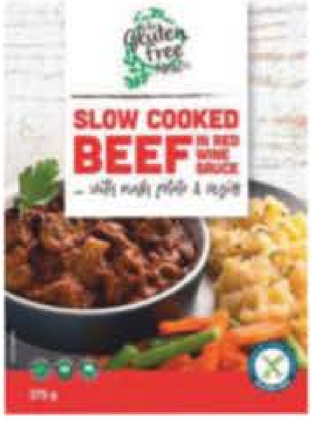
DL loves

PASTA

- ***Barilla* Chickpea Casarecce,** $4.50.
- ***Ceres Organics* Organic Bean Pasta (Edamame Spaghetti, and Edamame & Mung Bean Fettuccine),** $4.99.
- ***San Remo* Pulse Pasta Range,** $3.99.

DL loves

GLUTEN FREE



FROZEN MEALS

- ***Super Nature* Super Pulses Creamy Chicken Carbonara,** $4.
- ***The Gluten Free Meal Co.* Slow Cooked Beef In Red Wine Sauce,** $7.
- ***Tutto Pasta* Gluten Free Chicken Spaghetti Meatballs,** $5.50.

BREADS AND WRAPS

- ***Abbotts Village Bakery* Gluten Free Bread (Mixed Seeds, and Soy & Linseed),** $7.
- ***Helga's* Gluten Free Soy & Linseed Bread,** $7.
- ***Burgen* Gluten Free Bread (Soy & Linseed, and Sunflower & Chia Seeds),** $6.99.
- ***BFree* Wraps Range (Quinoa & Chia Seed, Multigrain, and Sweet Potato),** $8.

BREAKFAST CEREAL

- ***Sanitarium* Gluten Free Weet-Bix,** $4.50.
- ***Freedom Foods* Ancient Grains Fruit Free Muesli,** $6.50.
- ***Freedom Foods* Active Balance (Multigrain & Cranberry, and Buckwheat & Quinoa),** $6.

NOTE: Available in Coles, Woolworths, and selected independents and health food stores. Not all brands are available at all stores.

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

Sweet nothings

Got a sugar craving? Don't despair – there are healthy ways to indulge a sweet tooth, says our food editor, *Alison Roberts*

SUPERMARKET CRUSH

SMART COOKIE

When looking for a sweet treat, portion control is crucial! Shelby's Cookies (shelbyshh.com) come in boxes of eight individually packed cookies; they are gluten free, vegan and absolutely delicious. The range includes Chocolate Chip, Raspberry & White Chocolate and Double Choc Hazelnut. Available at Woolworths and a variety of independent stores, $6 per box.

SHELBY'S
HEALTHY HEDONISM
COOKIES
CHOCOLATE CHIP
8 x 15g Cookies | 120g
SHELBY'S
HEALTHY HEDONISM
COOKIES
DOUBLE CHOC HAZELNUT
8 x 15g Cookies | 120g
SHELBY'S
HEALTHY HEDONISM
COOKIES
RASPBERRY & WHITE CHOCOLATE
8 x 15g Cookies | 120g

KITCHEN TIP

Pear dinkum

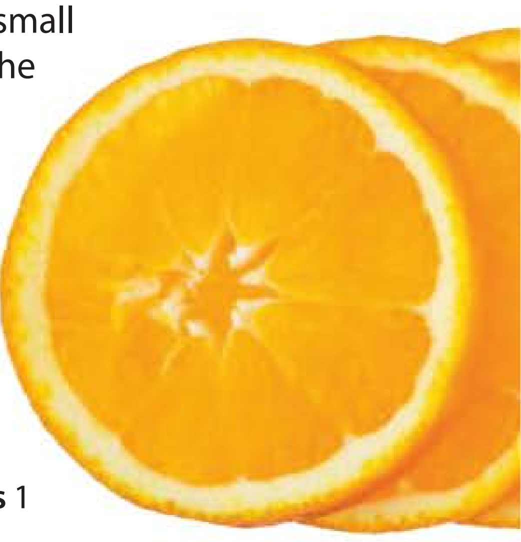
Pears are a great source of fibre, with an average pear containing about 6g, but be sure to eat the skin to get the full dose of goodness. They are also a good source of potassium and low glycemic index carbohydrates.

- **To check** when a pear is ready to eat, press the flesh around the stem gently. If it is ripe it will give a little.
- **Buy a selection of pears,** some that are ripe and ready to eat now and some that are still firm and will be ready in a few days. This way you don't have them all needing to be eaten at the same time.
- **If your pears** are a little firm when you bring them home, and you don't want to wait, you can speed up the ripening process by putting them in a fruit bowl with bananas and apples. Both these fruits release ethylene gas which helps to ripen the pears. Alternatively, put the pears in a brown paper bag with a banana and keep at room temperature.
- **Any ripe pears** you aren't going to get to eat can easily be chopped up and cooked with a little sugar, a pinch of ground cinnamon and a few tablespoons of water, with a few sultanas or craisins thrown in, if desired. Cook until tender. Keep in the fridge in an airtight container for up to 1 week. Serve as a snack with a few chopped nuts or on top of your cereal for brekkie.

FRUITY SNACK IDEAS

ORANGE AND PASSIONFRUIT SALAD

Use a small sharp knife to cut the skin and white pith off a large **orange.** Thinly slice into rounds and arrange on two small serving plates. Drizzle over the pulp of 2 **passionfruits.** Sprinkle over 2 Tbsp **unsalted shelled pistachio nuts,** roughly chopped. Serves 2.



PER SERVE 531kJ, **GF** **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 13g, **fibre** 6g, **sodium** 8mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

MINI CHEESE AND FRUIT PLATTER

Cut a small **pear** into thin wedges and 1 stalk **celery** into sticks. Cut 1 slice **reduced-fat cheese** into slices. Serve the pear, celery and cheese slices with 10 plain **rice crackers.** Serves 2.

PER SERVE 642kJ, **GF** **protein** 7g, **total fat** 5g (sat. fat 3g), **carbs** 15g, **fibre** 3g, **sodium** 194mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free**

NUTTY BANANAS

Cut 1 **banana** in half crossways and then in half lengthways. Spread each piece with 1 tsp no-added-salt and no-added-sugar **peanut butter.** Sprinkle over 1 Tbsp chopped **hazelnuts** and a little **ground cinnamon.** Serves 2.

PER SERVE 498kJ, **GF** **LC** **protein** 3g, **total fat** 7g (sat. fat 1g), **carbs** 11g, **fibre** 2g, **sodium** 2mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb** ■

60 SECOND

DESSERT

Spoon 1 x 50g scoop **lemon sorbet** into a small serving bowl. Top with 4 sliced **strawberries** and a few shredded **mint leaves**. Top with 8 unsalted shelled **pistachio nuts**. Serves 1.

PER SERVE 449kJ, **GF** **protein** 2g, **total fat** 3g (sat. fat 0g), **carbs** 17g, **fibre** 2g, **sodium** 5mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

> **Food is symbolic of love when words are inadequate**
>
> - Alan D. Wolfelt

SUPERMARKET CRUSH

Top that

All the flavour but without any of the kilojoules! Natvia's new range of toppings is available in Smooth Choc and Salty Caramel. Available in Woolworths, $5 each.

DL loves
natvia
SMOOTH CHOC
ZERO ADDED SUGAR
CHOCOLATE TOPPING
natvia
SALTY CARAMEL
ZERO ADDED SUGAR
SALTED CARAMEL TOPPING

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Spicy tomato baked eggs (page 44)	2 slices rye toast topped with 40g reduced-fat cheese and 1 tomato, sliced	2 Weet-Bix with ½ cup skim milk and topped with 1 small banana, sliced	Chia & yoghurt puddings with berries (page 48)
Optional snack	Orange and passionfruit salad (page 79)	Nutty bananas (page 79)	2 Vita-Weats topped with ½ small avocado	35g Freedom Foods Barley+ snack bar
Lunch	Chicken tostadas (page 59)	Mexican-style chicken salad (page 24) and a 175g Yoplait Forme yoghurt	Beef goulash soup (page 63) and a piece of fresh fruit	Cucumber & hummus wraps (page 26)
Optional snack	170g pot Chobani Fit	30g mixed unsalted nuts	Melon, muesli and yoghurt pots (page 51)	Orange and passionfruit salad (page 79)
Dinner	BLT pizza (page 68) ***Pictured above***	Chicken with tomatoes and olives (page 21) ***Pictured above***	Baked stuffed zucchini (page 21) ***Pictured above***	Salmon with mango & avocado salad (page 22) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	2 fresh dates	Watermelon, mint and strawberry fruit salad (page 74)	Cranberry granita (page 75)	½ cup warm low-fat custard topped with 4 slices canned peaches
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY GETTY IMAGES, ISTOCK

it's easy!

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels		
Tofu scramble (page 50)	1 cup fruit salad & 1 cup diet yoghurt	Potato pancakes with silverbeet and eggs (page 50)
1 piece fresh fruit	1 wholemeal crumpet with 1 tsp 100% fruit jam	1 piece fresh fruit
Southwest salmon chowder (page 64)	Sesame tuna lettuce wraps (page 25)	Lamb koftas with beetroot & apple raita (page 37)
170g pot Tamar Valley yoghurt	Mini cheese and fruit platter (page 79)	30g mixed unsalted nuts
Poached coconut chicken & pineapple salad (page 22) ***Pictured above***	Omelette-style beef burrito (page 20) ***Pictured above***	Pork stroganoff (page 69) ***Pictured above***
have a couple of alcohol-free days a week		
60-second dessert (page 79)	¾ cup warm low-fat custard topped with ¼ cup blueberries	1 tsp Milo mixed with 1 cup warm skim milk
Always discuss your exercise plans with your doctor first		

Fibre boost

Fibre is found in plant-based foods and typically passes through the digestive system undigested. It is essential in supporting a healthy bowel and digestive system, and also has the added benefit of reducing the risk of many chronic diseases, such as heart disease and type 2 diabetes. High-fibre diets also have the potential for reducing blood cholesterol levels and slowing down the digestion of foods and release of glucose into the blood.

Aim to eat at least 30g of fibre every day by including a variety of plant based-based foods in your daily diet:

- **Fruit and vegetables,** such as berries, apples, pears, carrots, broccoli and asparagus. A large portion of fibre is often found in the skin, so aim to keep it on whenever possible.
- **Legumes,** for example red kidney beans, chickpeas and lentils. These can be added to your soups, casseroles and salads.
- **Wholegrain breads,** such as multigrain, rye, wholemeal and gluten-free varieties containing seeds (check out page 77 for our favourite gluten-free breads).
- **Quinoa and brown rice.** Both are delicious steamed or added to salads.
- **Psyllium husks** and chia seeds. Try adding these to your breakfast cereal or smoothie. ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

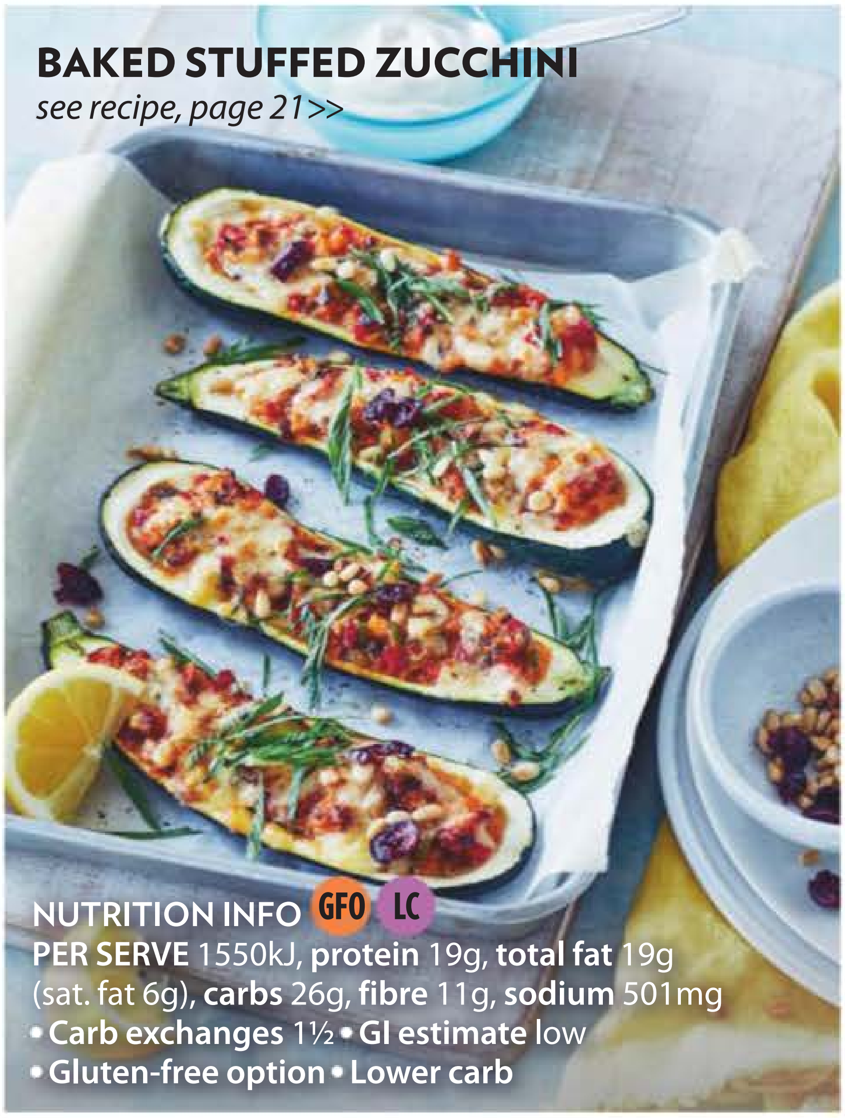
YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP



BAKED STUFFED ZUCCHINI
see recipe, page 21>>

NUTRITION INFO GFO LC
PER SERVE 1550kJ, **protein** 19g, **total fat** 19g (sat. fat 6g), **carbs** 26g, **fibre** 11g, **sodium** 501mg
• **Carb exchanges** 1½ • **GI estimate** low
• **Gluten-free option** • **Lower carb**

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

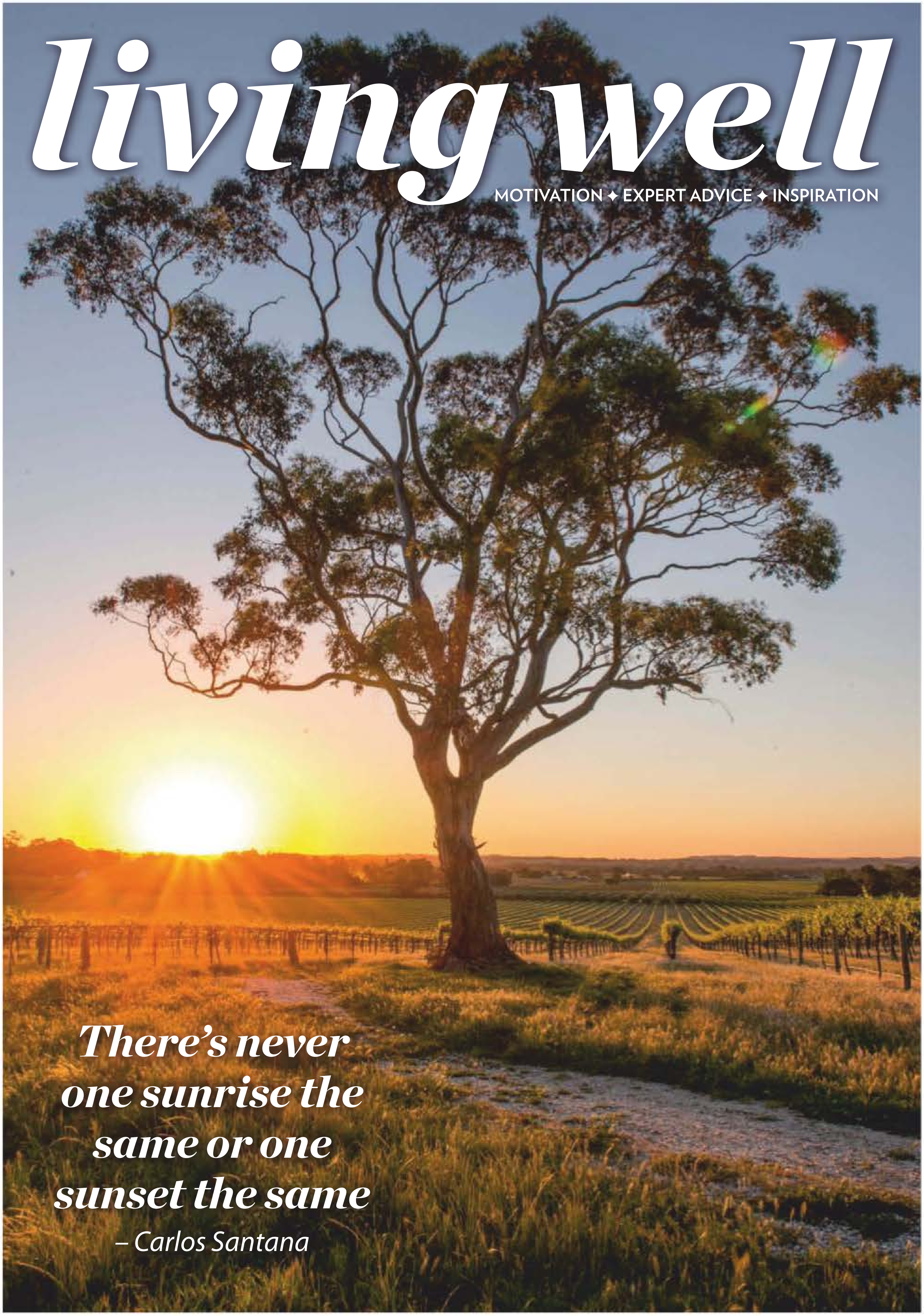
Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY ROB PALMER **STYLING** VANESSA AUSTIN
FOOD PREPARATION SARAH MAYOH

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION



There's never one sunrise the same or one sunset the same
– Carlos Santana

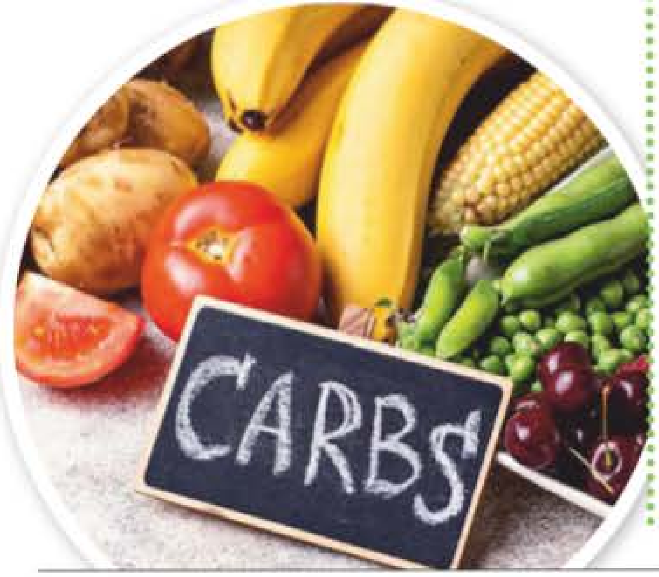
PHOTOGRAPHY GETTY IMAGES

ARE CARBS EVIL?

Four diabetes experts, each living with diabetes, have answered all of your burning questions – so here's everything you've ever wanted to know about carbohydrates

I THINK ABOUT CARBS EVERY DAY – BUT WHAT EXACTLY ARE THEY?

When you hear "carbohydrates", think "plant power", says nutritionist Toby Smithson, type 1. On a basic level, carbs are the sugars, starches and dietary fibres that plant foods (such as grains, vegetables, beans and fruits) make using energy from the sun. Carbs serve as a major fuel source for our bodies, alongside the other macronutrients: protein and fat.



HOW DO CARBS IMPACT MY BLOOD SUGAR?

1 **During digestion,** the starches and sugars in carb-containing foods are broken down. How quickly the body breaks them down (and how many are actually absorbed) depends on the type of carbohydrate in the food.

2 **Your body converts most carbs** into glucose, a simple sugar. Glucose is absorbed into your bloodstream, where it is shuttled to cells and tissues as a source of energy. Extra glucose is stored in muscles and the liver.

3 **The body closely regulates blood glucose** to ensure it has a constant supply of fuel. When blood glucose rises after a meal, the pancreas releases insulin into the blood. Insulin acts as a key, unlocking cells and allowing glucose to enter. When BGL is low, another hormone – glucagon – replenishes levels by releasing stored glucose from the liver.

4 **When you have diabetes,** either the pancreas produces little or no insulin, or the cells don't respond when insulin comes knocking. If cells are unable to use glucose efficiently, blood sugar stays elevated and the body has trouble accessing its main fuel source.

WAIT, SO CARBS END UP AS SUGAR? ISN'T THAT A BAD THING?

It's the contrary, says wellness coach and dietitian Michael Lynch, type 1. "That's our body's fuel," he says. "Your body wants to use carbohydrate more than anything else." Your brain runs on it, and muscles prefer it for energy. Your body uses glucose every time you walk, every time you talk. "It is your metabolic fuel."

Once the carbs from something you eat are broken down into glucose, the body doesn't care what the source was – whether it was an orange or a doughnut. It's used the same way. But that doesn't mean eating an orange will have the same impact on your blood glucose (or your health) as a doughnut. Some carbs (such as doughnuts) enter your bloodstream quickly, spiking blood glucose, while others (such as the orange) take longer to digest, slowing the absorption of glucose. ➤

The breakdown

SUGAR
Short carb chains found naturally in vegetables, fruit and dairy

STARCH
Larger carb chains in grains, legumes and some vegies

FIBRE
Plant roughage that your body doesn't digest

SO WHY DO SOME CARBS TAKE LONGER TO DIGEST?

First things first: a carb isn't a food. In the diabetes world, we often refer to foods that contain carbohydrate as "carbs". But carbs are a macronutrient: they're a part of food.

There are three main types of carbs: sugar, starch and fibre, and our bodies digest each differently. How a food impacts your blood glucose depends, in part, on which types – and how much of each – are in the food. (Although, as Smithson points out, it also depends on other factors, such as stress and physical activity.)

Take fibre, for example. Even though fibre is a carb, it's not digested by the body. That means that the fibre in, say a pear or a bowl of oatmeal, doesn't get absorbed. "Because fibre isn't broken down, it doesn't raise blood glucose," says Smithson. It also slows the absorption of other carbs (see The fibre effect, below).

The fibre effect

Lynch explains: Imagine two balls of yarn – one black, one mixed black and red. It would be easy to cut up the first with scissors. But what if, to cut the second ball, you had to separate the red yarn from the black? How much longer would that take? This is what your body does when it digests: the black yarn is digestible carbs and the red yarn is fibre. When you eat foods with fibre your digestive system – the scissors – needs to separate the digestible from the indigestible, slowing everything down.

IS THAT WHY I'M ALWAYS TOLD TO EAT MORE FIBRE?

Actually, fibre has dozens of benefits. It helps lower LDL cholesterol, steady post-meal blood glucose, and keep your gut healthy. Some fibres also keep you feeling fuller longer between meals. A fibre-rich diet can lower the risk of conditions such as heart disease, diverticulitis, type 2 diabetes and, yes, constipation. In fact, a 2013 review found the risk of heart disease dropped 9 per cent for every 7 grams of dietary fibre eaten per day. Fibre, Smithson says, "is a protective friend and partner – it should be your BFF".

DO CARBS CAUSE DIABETES?

The short answer is no. "This is not your fault," explains nurse specialist Virginia Valentine, type 2. Both type 1 and type 2 diabetes are complex disorders, with causes that are not entirely understood. What we do know is a combination of genes and environment likely play a role.

"The only thing you did wrong is when you selected your grandparents. Maybe next time pick a better set," adds Valentine, cheekily. To help her clients understand there are factors outside their control that contribute to a diagnosis, she points out many people in their communities eat the very same foods as they do – and many of these people do not have diabetes.

But, just because your choices didn't cause your diabetes, doesn't mean your choices don't impact your health. "This is not your fault but it is your responsibility," says Valentine. Rather than dwelling on the cause, try to focus on what you can do now to manage your health.

BUT WHY SHOULD I EAT CARBS IF MY BODY HAS TROUBLE PROCESSING THEM?

"A lot of people have started dramatically limiting or getting rid of carbs because they're tired of blood sugar [fluctuations] that they don't know how to manage," says certified diabetes educator Jennifer Smith, type 1. And, since there's so much negative talk around carbs these days, it can seem like cutting back on them is a clear win for managing your diabetes.

But completely cutting out carbs is oversimplifying things. "It's very tunnel-visioned," says Smithson. Foods that contain carbs also contain a wealth of other nutrients our bodies need, such as vitamins and minerals. And plants provide thousands of unique compounds, called phytonutrients, that help fight disease. It can be hard to think outside the carb-focused diabetes box sometimes, but your body – and your long-term health – depends on these nutrients.

It would seem a simple solution would be to choose foods that are high in these nutrients yet low in carbs, but it's not that easy. The most nutrient-rich foods – "nutrient-dense" is the term our experts use – are plant foods, which all contain carbs. "Vegetables, beans, nuts and fruits are so high on the nutrient-density chart compared to just about everything else," says Lynch. So, rather than simply thinking about a number of carbs, he suggests thinking about the "quality of carbohydrates" a food provides: how many other nutrients can you get from the carbs you take in? (See the chart, below.)

The bottom line? Your body may have trouble using carbs when you have diabetes, but carb-containing plant foods are still an essential part of maintaining a happy, healthy and energetic you. The key is not only to keep an eye on the amount of them you eat, but also to choose wisely in terms of quality.

The Australian Government recommends eating 2 servings of fruit and 5 servings of vegetables each day.

OK, I GET IT: FRUITS AND VEGIES ARE GOOD FOR ME. WHAT ABOUT GRAINS AND LEGUMES?

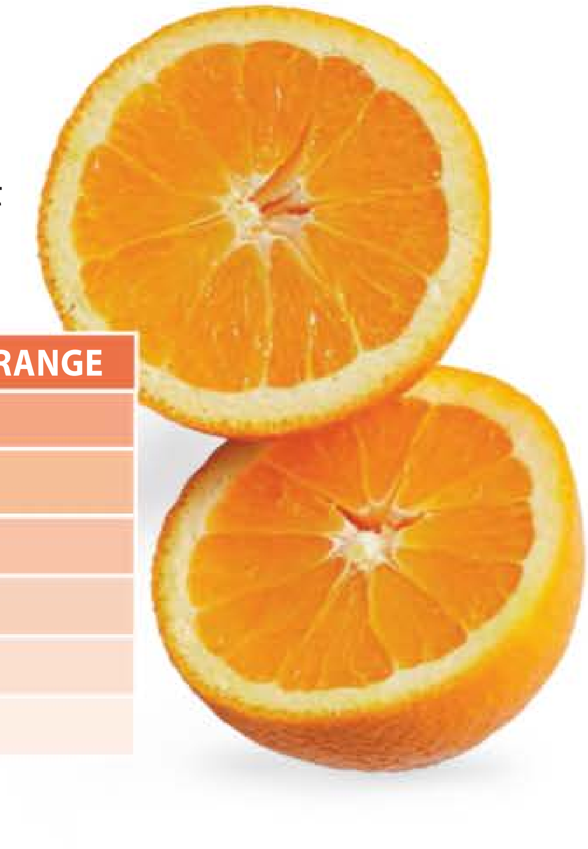
Grains and beans are also plant foods so, yes, they contain carbs. But they also contain a lot of other nutrients, including vitamins, minerals and fibre. The big issue with grains is they're often refined, which makes them more versatile and easier to use, but also strips them of nutrients. For example, whole wheat is refined into white flour by stripping it of its fibre and micronutrient-rich bran.

Processed foods are the group of carb foods that aren't as healthy. Refined grains (such as white rice) and foods made from processed sugars and grains (such as soft drinks, sweets and white bread) spike blood sugar quickly. They're also often low in other nutrients. "[Refined grains and sugars are] not what we're talking about when we say 'have carbohydrates,'" says Smithson. "We want to focus on the carbs that have fibre." In short, the more a plant food resembles how it's found in nature, the healthier it is. ➤

Comparing apple juice to an orange

To find "quality" carb foods, compare the amount of carbs to the amount of other nutrients, especially fibre, vitamins and minerals.

½ CUP APPLE JUICE	VS	1 MEDIUM ORANGE
9g	Carbs	13g
0g	Fibre	4g
160mg	Potassium	250g
1mg	Vitamin C	90mg
42µg	Folate	70µg
0µg	Vitamin A	23µg



LOW-CARB DIETS, EXPLAINED

SO, WHAT'S THE DEAL WITH ALL THESE LOW-CARB DIETS, SUCH AS KETO AND ATKINS?

THE PROS Many people who try a super-low-carb eating plan such as the keto diet or Atkins diet have initial success losing weight or managing their blood glucose. And that's because these diets involve a lot of healthy choices. Eating healthy fats, getting adequate protein and cutting out processed carbohydrates, condiments and fast food – all of these steps are good for you, says Lynch.

But it's not the particular diet that's responsible for these changes. It's the fact you are creating some rules around what you eat – and following them. "People cut out the high volumes of rice, the granola bars, the sodas or energy drinks, and they've cut out a lot of inflammation from those foods. [They have lower] insulin levels and they feel better," he says.

Cutting out simple sugars and processed foods is a healthy habit that does not need to be keto- or carb-defined at all, says Lynch. "That's generally healthy eating. The problem is that generally, healthy eating is just not sexy. It's just the most boring thing ever, so it has to be packaged as something."

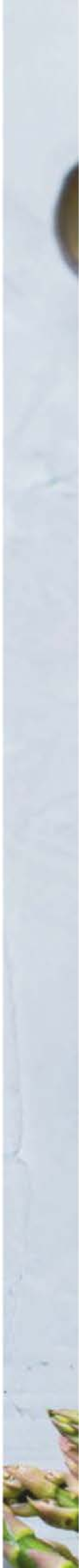
THE CONS Turn to any number of blogs, Facebook posts and forum threads, and you'll hear that extremely low-carb diets help people with diabetes, in particular those who have type 2, keep their blood glucose stable. But on the research side, the evidence is mixed. Most longer-term studies have found that, across 12 months, people with diabetes who followed generally healthy eating habits had outcomes that were just as good as those who followed a very-low-carb diet (eating, for example, 50g carbs per day) in terms of weight loss, reducing HbA1c and reducing fasting glucose.

Another downside? Extreme diets are very hard to follow for the long term. Later in the same studies, a majority of those in the very-low-carb groups went back to eating the way they had before the studies. "The problem is that most people [try a diet] because they're looking for magic. They're looking for the quick snap of fingers. Then it all turns around again and they're confused and frustrated," says Smith. Lynch agrees: "There are so many emotions and associations that go into the way we eat. When you just let all of that go and follow [someone else's] plan – that's when we have a hard time sticking with it."

> “
>
> **The problem is that generally, healthy eating is just not sexy. It's just the most boring thing ever, so it has to be packaged as something**

Then there are the foods you're avoiding. Beans, legumes, fruits and whole grains are not foods we need to banish from our diet. "What we know really clearly is that, when we go low-carbohydrate, we are typically low in a lot of pretty important nutrients – potassium, fibre, vitamin C, some of the B vitamins. We cut out a lot of things that the body actually really needs to be healthy," says Lynch. If you replace these foods with more meat, eggs, butter and cheese, you also add more saturated fat to your diet, which increases your risk of developing heart disease.

"We've become so carb-centric that people have learned, 'Well, if I just reduce the amount of carbs or get rid of them, I don't have to take as much insulin and my blood sugar doesn't have as many big swings,'" says Smith. "But the bad part about that is the reduction of a macronutrient that really is an important nutrient for us."



If you really want to go keto

DO YOUR HOMEWORK

“Make sure you fully understand what following the diet entails,” says Smith. Read a book, look online, take a look at the actual meals and foods that you will need to eat, and think about the shopping and meal prep you will need to do. “Some people found that the keto diet, while it gave them good blood [glucose], was really a pain in the butt to follow,” she says.

GIVE YOURSELF TIME

If you do try a new diet, Smith warns it will take quite a while to get used to it. “It’s going to take about a month to feel normal,” she says. “Many people give up on a habit within two to three weeks, but you have to be patient. You have to give it time. But, within the patience, you also have to have plans, because this is going to be a change.”

BUDGET ACCORDINGLY

Eating fewer plant-based foods and more meat and dairy foods is expensive. Can you afford it? Valentine works with many people who are struggling to afford enough food in the first place, so following a lower-carb diet can be a challenge. “A lot of people live on beans and rice and potatoes,” she says. When money is a factor, she suggests two strategies: focusing on portion size and trying to swap in some vegetables where you can. ➤

WHAT AMOUNT OF CARBS PER DAY IS BEST FOR MANAGING DIABETES?

We don't have a number for you – there's no one target that's best for everyone. "The guidelines that we have as educators and dietitians basically say to individualise – so it's not one-size-fits-all," says Smithson.

That said, we can give you examples. In research pooled by the Academy of Nutrition and Dietetics, most people with diabetes report eating about 45 per cent of their daily calories from carbs, which is about 169g of carbs a day on a 6270kJ diet. Lynch's personal target, and one he suggests to his clients as a starting point, is at least 130g of carbs per day, which he says is the minimum needed to get enough nutrients and fibre from fruits, vegetables and whole grains. Valentine has many clients who aim for 100g or 150g a day, depending on their diabetes management and weight-loss goals.

When it comes to carb targets, there isn't one that fits everyone. Rather, the amount of carbs you need each day depends on numerous factors (such as age, gender, weight and exercise). The National Diabetes Services Scheme (NDSS) recommends talking to a dietitian about your needs.

Of course, just because there isn't a consensus target doesn't mean you can't have your own individual carb goals. All our experts agree monitoring carb intake – and paying attention to how carb-containing foods influence your blood glucose – is key for diabetes management. After all, even though plant foods such as beans, fruits, whole grains and vegies are good for you, they still impact your blood sugar, so you'll need to keep an eye on how much of them you eat. Smith recommends making a list of the foods you eat most often, and writing down your usual portion size and the number of carbs it has. This can help you learn off by heart, for example, that 1 cup of cooked oatmeal has 30g of carbs.

If that wasn't the concrete answer you were looking for, think about what it does mean: you're free to work with your dietitian and healthcare team to make a plan that best fits your current habits, needs, traditions, goals and financial situation. When it comes to the right amount of carbs for you, you are the expert.

Appreciate the colourful palette that plants add to a plate

SO, HOW DO I CREATE A MEAL PLAN THAT WORKS FOR ME?

You're likely on the right track. Our experts agree that for optimal health and diabetes management, the most important strategy is to find an overall healthful, varied eating pattern "containing nutrient-dense foods." In other words, it's about finding balance and getting the most bang for your carb bucks. (Hello, vegetables!)

A good place to start is to look at the source of your carbs and how they fit into your day, says Smith: "Are they healthy, real food or are they processed, boxed, packaged types of food? Do you have a very carb-laden diet, or do you have a good balance between the carbs, fat and protein throughout your day?"

The next step is to look at how much food you're eating, especially if weight management is part of your diabetes plan. "For many people with diabetes, the challenge they face balancing carbohydrates and blood [glucose] comes from eating larger portion sizes, eating less-than-optimal carbohydrate choices, or both," says Lynch.

Valentine agrees. "It's really not as much about what we're eating, it's about how much we're eating," she says. Her own healthy journey started in 2002: through smaller portions and more exercise, she lost 45 kilograms in 5½ years. "People thought I totally changed my diet. Not really – I just eat a lot less of the same stuff I always did," she says.

In the end, finding an eating plan that works for you doesn't have to mean totally revamping your diet. "It's important to not abandon your [preferred] way of eating or your favourite meals," says Lynch. Incorporate the foods you enjoy, aim for appropriate portions, and take your finances, time and emotions into account to create a plan that will make you feel happy and healthy. Because, as all of our experts mentioned when talking about their own management, consistency is key. "This isn't 30 days and just go back to eating whatever," says Smith. "You have to decide on a meal plan that you can stick with."

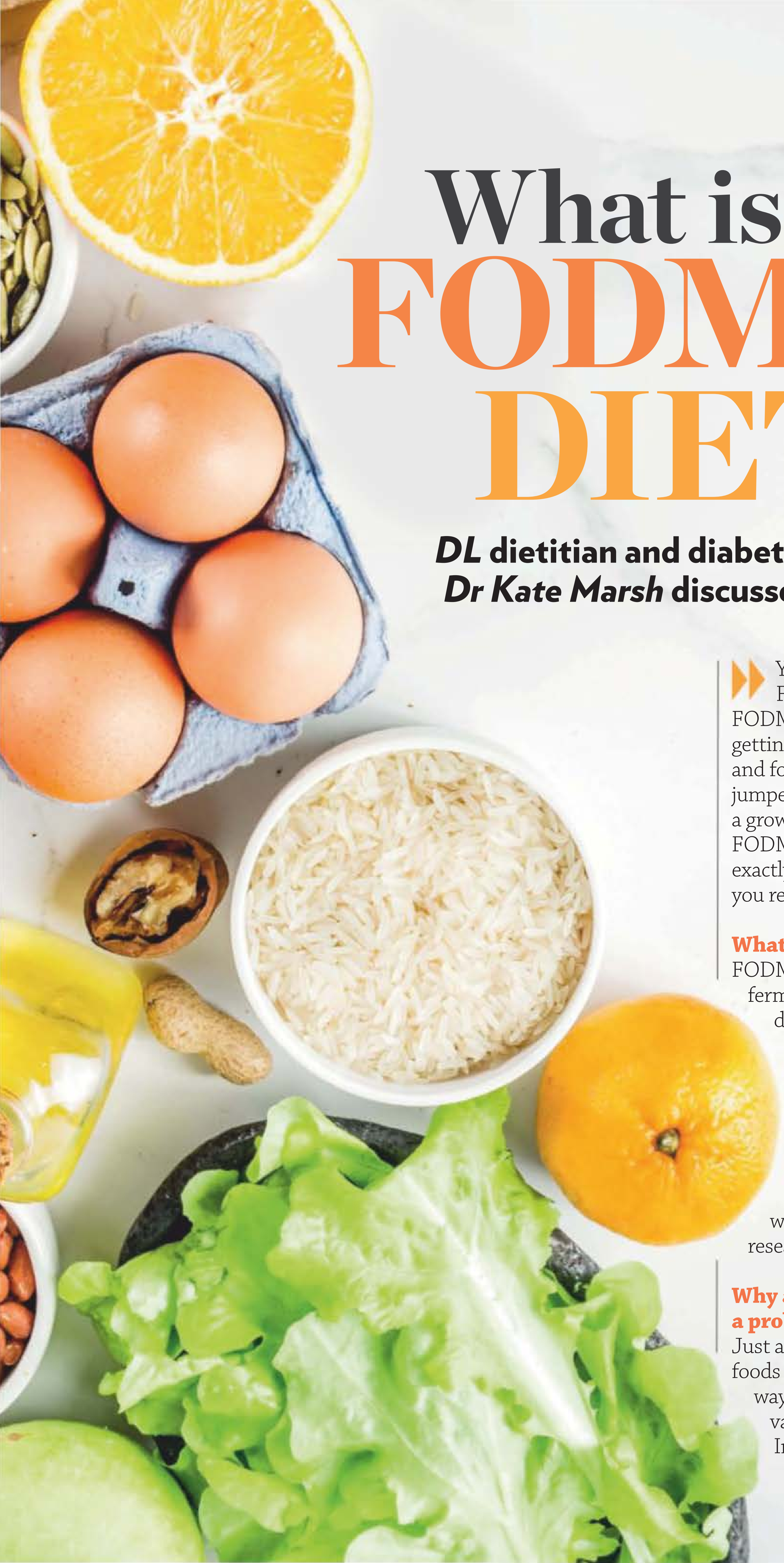
ANYTHING ELSE?

No matter how you eat, it comes down to feeling good about what you put into your body and how that food makes you feel. And it helps to recognise that, when it comes to diabetes, "there is no perfect", says Smith. "I have many things figured out, but sometimes even those things give me a bad diabetes hair day when all of the planets are not in line."

Though living with diabetes can mean being hyper aware of the amounts and types of carbs you eat, Lynch urges you to truly appreciate the colourful palette that plants add to a plate: "If you look at your meal and you take a moment to see the beauty in what you presented, then there's an opportunity to eat not with fear, but with joy, and to feel energised from that experience." ■

Before starting any diet, or removing foods from your diet, talk to your healthcare team about the best approach to take for your body.

WORDS LAUREN LASTOWKA, MICAELA YOUNG, ELLIE GRIFFITHS **PHOTOGRAPHY** JACOB FOX
ADDITIONAL PHOTOGRAPHY GETTY IMAGES **STYLING** KELSEY BULAT



What is the FODMAP DIET?

DL **dietitian and diabetes educator *Dr Kate Marsh* discusses the facts**

You may have heard of FODMAPs or the low-FODMAP diet – they've been getting plenty of media attention and food manufacturers have jumped on board to produce a growing number of low-FODMAP foods. But what exactly are FODMAPs and do you really need to avoid them?

What does FODMAP mean?

FODMAP is short for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols. These are short-chain carbohydrates found in certain foods. The term FODMAP was first coined in 2004 by the team at Monash University, which has published most research on low-FODMAP diets.

Why are FODMAPs a problem?

Just as different carbohydrate foods affect BGLs in different ways, they can also have varying effects on digestion. In particular, some carbs, known as FODMAPs, are either slowly absorbed or not digested in the small intestine. As a result, they pass into the large intestine, where they are fermented by gut bacteria to generate gas. In some people this causes digestive symptoms including wind, bloating and distention, and often diarrhoea or constipation.

Who should consider a low-FODMAP diet?

A low-FODMAP diet certainly isn't for everyone. In fact, most people tolerate high FODMAP foods without any significant symptoms and, if that's you, then there's no need to avoid them. Most foods high in FODMAPs are healthy foods that help feed our good gut bacteria and are an important part of a diabetes-friendly eating plan. So, unless they are causing problems, they are definitely something to keep on your plate.

But, if you have irritable bowel syndrome (IBS) and are regularly experiencing symptoms such as wind, bloating and discomfort, it may be worth considering a trial of a low-FODMAP diet. Studies have shown it can reduce symptoms in about 75 per cent of people with IBS.

How does the diet work?

If you suspect a FODMAP sensitivity may be contributing to your symptoms, there are a few things to know before you get started. The diet isn't designed as a long-term healthy eating plan and it's important to work through the three stages.

Stage 1: Elimination Follow a diet of only low-FODMAP foods for up to six weeks, to see if symptoms resolve.

Stage 2: Challenge Reintroduce different FODMAP subgroups in specific amounts and in a specific order, to determine which are your main triggers – many people react to some FODMAP subgroups but not others, so this helps to make sure you are not avoiding any foods unnecessarily.

WHICH FOODS CONTAINS FODMAPS?

- **Milk and other** dairy foods such as yoghurt, custard and ice-cream (lactose)
- **Fruits** (such as apples, pears, mango and watermelon) and honey (fructose)
- **Wheat, rye,** barley, onions, garlic and some vegetables (fructans)
- **Legumes** such as kidney beans, chickpeas and lentils (galacto-oligosaccharides)
- **Sugar-free lollies** and chewing gum, stonefruit and mushrooms (polyols)

Stage 3: Personalisation Aim to develop a long-term healthy eating plan, based around the foods you are able to eat and making sure you're meeting all of your nutritional needs.

This is best done with the help of a dietitian who is experienced in low-FODMAP diets, so they can guide you through the different stages and help to make sure you're not following a more restrictive diet than is needed in the long term.

Low-FODMAP diets and diabetes

If you've been through the low-FODMAP diet elimination and challenge, and have determined that your digestive system is sensitive to certain high-FODMAP foods, you may be wondering how to manage this along with your diabetes. After all, a low-FODMAP diet cuts out many foods recommended as part of a healthy eating plan for diabetes, including whole grains, legumes, nuts and many types of fruits and vegetables.

Your dietitian should be able to help, but the good news is that it is possible to combine a gut-friendly and diabetes-friendly diet. The key is to still include plenty of fruits and vegetables (there are many low-FODMAP varieties) and to choose lower glycemic index (GI), low-FODMAP whole grains, including traditional rolled oats, quinoa, buckwheat kernels and lower GI varieties of brown rice. Oat or spelt sourdough are the best bread options and walnuts, peanuts, macadamias and pumpkin seeds are lower in FODMAPs, so can be included in moderation. Legumes are a great choice for diabetes but not so for a sensitive gut. However, many people can tolerate small amounts of legumes, and canned lentils are lower in FODMAPs than other types.

Want to learn more?

Monash University has a website, diet guide and smartphone app dedicated to the low-FODMAP diet – visit monashfodmap.com.

Australian dietitian Sue Shepherd has published low-FODMAP diet and recipe books to help those following the diet. Find out more at shepherdworks.com.au. ■

WORDS DR KATE MARSH PHOTOGRAPHY GETTY IMAGES

MAKE 2020 YOUR BEST YEAR ever

With the silly season out of the way, February is the perfect time to set your yearly goals. Discover what you can do now – with your money, health and home – to set yourself up for 12 months of success

BRUSH UP ON YOUR *finances*

If you have...

15 MINUTES

Create a healthcare email address

Staying on top of your healthcare can come with a lot of paperwork. What's the log-in to my patient health portal, again? And where did I file that receipt for my hospital visit? To better stay on top of all those medical bills, insurance notices and patient updates, try setting up a separate email address that corrals everything in one place, making it easier to spot redundancies and errors. (If you're worried you won't remember to check a second account, set up auto-forward so you're notified of any new email in your regular inbox, but still have everything siloed in a separate account for easy access later.)

1 HOUR

Fine-tune your pharmacy budget

Your pharmacy spending may fluctuate from month to month, but figuring out a monthly average makes it easier to earmark money in your budget. Sit down with your receipts from the past three months and tally everything – including copays for supplies such as lancets and test strips, as well as costs for over-the-counter items such as jellybeans and batteries. Then divide that total by three for a quick calculation of your average monthly costs. If you have private health insurance, you'll also want to check the list of eligible expenses to see if any of those expenditures might be reimbursable.

AN AFTERNOON

Get emergency-ready

Let's be real: the last thing you want to do when disaster strikes is spend time (or emotional energy!) scrambling to find important documents. But you can knock this no-fun chore off your list all at once in a couple of hours. Gather your bank statements, tax returns, statements for your mortgage and any lines of credit or other major debts, plus your will, powers of attorney and any trusts you might have. Round up essential health paperwork (such as prescriptions) as well. Pick a secure spot in your house to store everything, such as a locked filing cabinet or fireproof safe, and also consider checking out a secure online option. Last step: make sure to tell your spouse or a family member where to find everything, in case you're the one temporarily out of commission. ➤

STREAMLINE YOUR *home*

If you have...

15 MINUTES

Create a launch pad

If you've ever left the house in a mad morning dash, only to realise hours later that your glucose meter is sitting on the kitchen table, you know the struggle is real. One way to make the morning a little less frantic is to set up a spot near the front door where you keep everything you need when you're leaving the house – including car keys, sure, but also a diabetes supply bag for your meter, strips and lancets. To help you remember to grab the things you store in the fridge, such as your insulin and any snacks, pin an index card to your supply bag for a visual reminder that's hard to overlook.

1 HOUR

Clean out your supply cabinet

Half-filled boxes of alcohol swabs taking up lots of space. Test strips for a meter you don't even use anymore. Enough continuous-glucose-monitor manuals to fill a small (and very boring) library. If the place you stash your diabetes supplies is a bit of a disaster, it's harder to see when something is running low and in need of a refill – plus, navigating a messy stash of supplies can make you feel more scattered and disorganised. To get things sorted, start by tossing out any expired or mismatched supplies, duplicate instruction manuals and excess packaging. Then designate one spot in your house as storage central – say a bathroom cabinet or an over-the-door shoe sorter with clear pockets. Store similar supplies together so you can see at a glance when you need to make a pharmacy run.

AN AFTERNOON

Declutter the kitchen

Cooking at home is one of the most effective ways to eat healthily, but that doesn't mean everyone wants to spend hours in their kitchen each night. To prep your space for maximum speed (and make it a space you want to actually use!), decluttering is key. An afternoon spent organising will pay you back on busy weeknights. First, relocate any non-cooking items that belong in other rooms of the house, and tuck that fancy stand mixer and other twice-a-year appliances away, so you have even more bench space to use. Then, tackle your pantry: toss anything that's expired (we're looking at you, cloves from 2012!) and move your go-to cooking staples and snacks to a shelf that's front and centre, so you'll spend less time hunting for them. In the quest for less, though, keep in mind that sometimes adding to a space can make it more enticing. If you're a podcast or music fan, for instance, set up a small speaker so you can listen while you meal-prep. If you love chatting on the phone, move your phone charger near the coffee machine so it's easy to call a friend while you chop. ➤

REBOOT YOUR *health*

If you have...

15 MINUTES

Get sweat-ready

Staying active makes it easier to manage your diabetes. But if every good intention is thwarted by the challenge of hunting down your workout gear, it can be hard to make exercise a habit. So invest the time now to get prepped for the future: clear off the stationary bike or elliptical you've been meaning to start using. If you're a home-video fan, set up a spot for the yoga mat and handheld weights. On the clothing front, separate your exercise outfits from your regular clothes, so you have one spot – say a certain drawer or a hook on the back of a closet door – where you can quickly find workout clothes. Then, when the impulse to sweat hits, you'll be ready.

1 HOUR

Schedule your medical appointments for the year ahead

Some people are aces at remembering to make follow-up medical appointments (endocrinologists and diabetes educators and eye docs, oh my!). For the rest of us, knocking out all of those appointments at once is the answer. Grab your phone and a calendar and start dialing. Your autumn, winter and spring health will thank you.

AN AFTERNOON

Sleep-ify your bedroom

Diabetes can make it harder to get quality shut-eye. But small tweaks to your bedroom can make falling and staying asleep a bit easier. Start by moving your phone (or tablet) charger to another room – you'll be less tempted to stay up late scrolling social media and you'll steer clear of the sleep-disrupting blue light these devices emit (experts suggest avoiding it for at least 30 minutes before bedtime). Then, think through what disrupts your sleep most. If it's a snoring partner or noisy neighbourhood, consider adding a white-noise machine to your nightstand. If it's night sweats, moisture-wicking sheets may be a godsend. If it's the early-morning sun streaming in through sheer curtains, hanging blackout shades could help you rise and shine a little later – once your body's actually rested. ■

WORDS KATE ROCKWOOD **PHOTOGRAPHY** GETTY IMAGES

Be prepared

For emergencies like the recent bushfires with our expert-approved kit

If this summer's bushfires have taught us anything it's that we need to be prepared for the worst. Don't wait until the last minute to try to pull your essentials together while you're in a panic. Instead, place these items in a lightweight, waterproof storage container with a snap-on lid. Keep the container with your other first-aid supplies in a dry, easy-to-access spot.

Be aware of warnings in your area and pay attention to advice from authorities. Being well prepared will enable you to manage your diabetes whatever the circumstances.

✓ YOUR KIT CHECKLIST

MONITORING SUPPLIES

☐ Extra test strips and lancets
☐ Spare batteries for your meter, plus spare sensors and transmitters for CGM
☐ Sharps container *(in a pinch, use an empty water bottle)*
☐ Hand sanitiser
☐ Wet wipes
☐ Pencil and paper to record blood glucose results

If you're taking insulin or hypoglycaemic medication:

☐ Glucagon kit
☐ Extra insulin pen needles
☐ Blood or urine ketone test strips
☐ Back-up supplies for insulin pump *(batteries, infusion sets)*

IMPORTANT INFO

☐ List of current prescriptions and dose schedule
☐ Emergency phone number list *(include family members, neighbours, co-workers, healthcare providers, pharmacies and your insurance plan)*
☐ A medical history summary that lists your diabetes type, allergies and other health conditions
☐ Sick day management plan

FOOD AND WATER

☐ 3 litres of water per person *(a two-day supply)*
☐ Non-perishable snacks to treat and prevent lows *(a two-day supply)*
- Packaged dry crackers
- Muesli bars
- Trail mix

☐ Quick-grab carbs *(each of these is 15g carb)*:
- One fruit juice popper
- 6-7 jellybeans
- 2 Tbsp raisins or dried fruit
- 1 Tbsp sugar *(3 sugar packets)* or honey
- Glucose tablets

OUTSIDE THE BOX

Consider supplies that you use daily or that require refrigeration as part of your kit, but store them elsewhere:

☐ Your everyday diabetes kit
☐ Current medicines and insulin
☐ Freezer packs *(if you take insulin or refrigerated medicines, for the esky)*

FIRST-AID KIT

Prepare this kit now to avoid any last-minute troubles

ADDITIONAL INFORMATION KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

Kit care

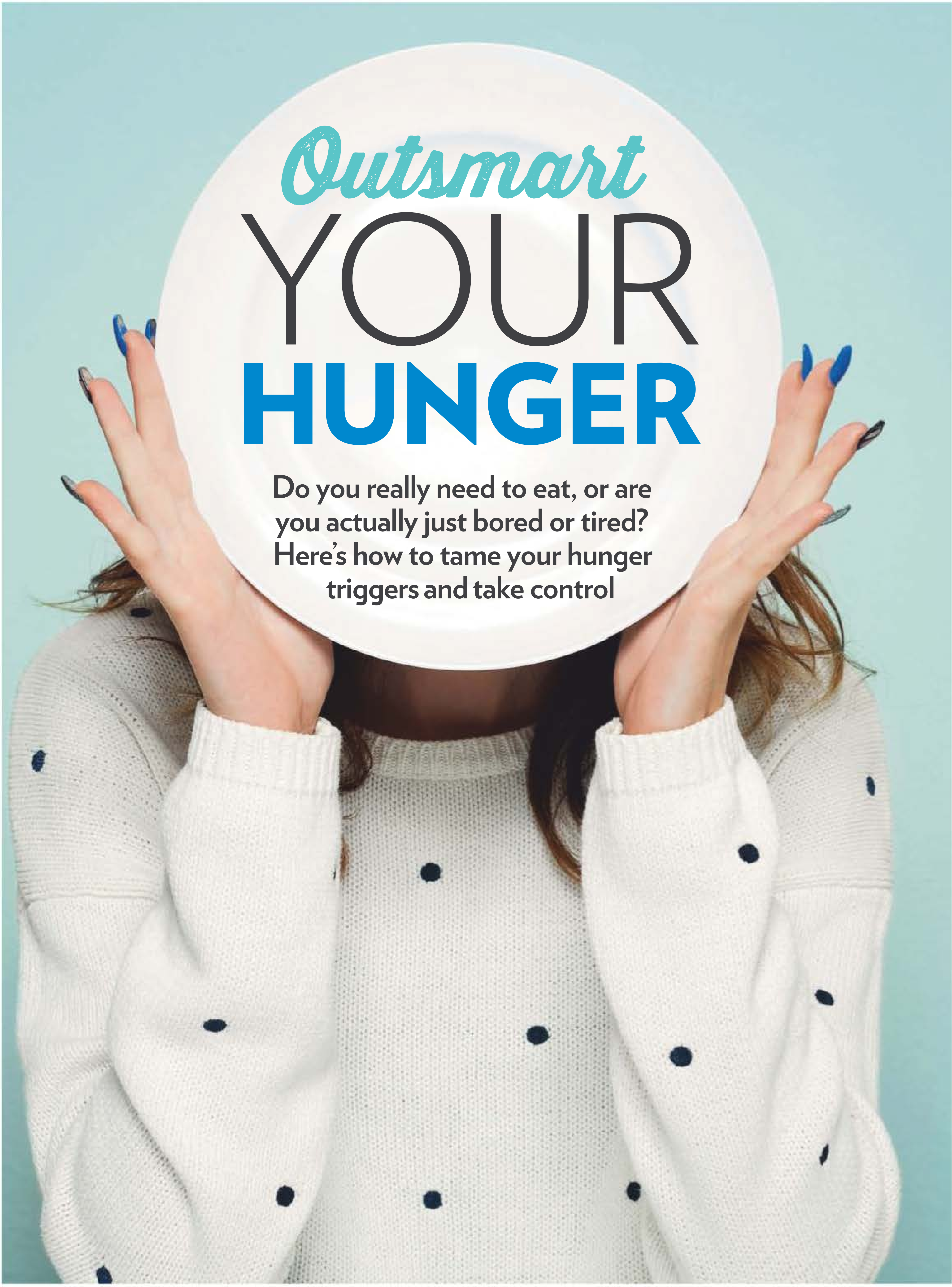
HOW DO I KEEP TRACK OF EXPIRATION DATES? Check the expiration date on supplies at least once per year, recommends dietitian Evan Sisson. Make a 'cheat sheet' that lists all the expiration dates and pick a check-in date that's easy to remember (such as New Year's Day). Stock medications and test strips in order from oldest to newest, suggests dietitian Toby Smithson.

IS THIS ENOUGH? This kit is designed to supplement a traditional first-aid kit, and can help keep you prepared for small emergencies. You may want to build out a more robust emergency kit for larger events, especially if you live in an area that's prone to natural disasters. This kit might include extra food and water, spare clothing, personal hygiene items and back-up battery power for mobile phones. We like the Diabetes Australia Emergency Plan of the National Diabetes Services Scheme (NDSS). Visit ndss.com.au/diabetes-and-emergencies

WHAT ELSE CAN I DO? The best thing you can do is to stay on top of your routine diabetes care. Keep prescriptions up-to-date and be prompt about refilling them. Keep your day-to-day diabetes kit well stocked with monitoring supplies. And keep your medications well organised. ■

Outsmart YOUR HUNGER

Do you really need to eat, or are you actually just bored or tired? Here's how to tame your hunger triggers and take control



Train yourself to step away from the fridge

When was the last time you genuinely felt really, really hungry? Although hunger is the primary physiological cue to tell us we need more food, very few among us eat solely according to hunger. Rather, we eat because food is in front of us, because it is a meal time, because we are bored or because we are scared we might get hungry later. Failing to eat according to hunger means we are at risk of chronic overeating. Over time, this means we eat more and more, and program our belly and our head into thinking we need far more food than we actually do. So if you know your hunger management could do with a little work, here are some reasons why hunger is important – and easy ways you can learn to differentiate the hunger you are experiencing so you are able to take control of your hunger, and your weight, for good.

WHAT IS HUNGER?

Hunger is the physiological drive to seek out food – ranging in description from a general feeling of emptiness to extreme abdominal discomfort. It is driven by hormones, along with our brain signalling when blood glucose levels are low and fuel stores have become depleted. The experience of hunger varies significantly among individuals, with some people rarely feeling hunger, while others will claim to feel incessantly hungry. Women, specifically, are known to experience hunger more frequently than men. One of the reasons hypothesised for this is women appear to have a stronger biological drive to maintain fuel reserves, particularly throughout their reproductive years. The average person will feel hungry every 4-5 hours after consuming a balanced meal but, in an era when frequent snacking reigns supreme, it is easy to see why we get used to eating a little too regularly.

THE DIFFERENCE BETWEEN PROGRAMMED AND PHYSIOLOGICAL HUNGER

One of the key things to remember when it comes to appraising hunger is that hunger can be programmed relatively easily. This means if you regularly eat when you are not hungry, or develop certain food habits – say, for example, always picking up a sweet biscuit and a cup of tea mid-morning – after several days your body will feel hungry for this sweet food at this time. This is where things start to go wrong with hunger management. When we only eat when we are genuinely hungry and stop before we are over-full, weight control will be easy. If, on the other hand, we regularly eat when we are not hungry, it becomes more and more difficult to differentiate true hunger from other types of hunger that are fuelling overeating. If this is a pattern familiar to you, it is time to really consider which hungry you are before you start munching.

1. HEAD HUNGRY

You may feel head hungry because there is an advert on TV for your favourite snack, or you always grab something to eat when you sit down at the computer, but head hunger is relatively easy to take control of when you get back in touch with what it feels like to actually be hungry before eating. Take ➤

control of head hunger by practising mindfulness when you eat and taking a moment to actually ask yourself how hungry you are. If we were rating our hunger on a scale of 0-10, most of us eat when we are only 5-6 in hunger. If you make a rule to only eat when your hunger rating is 8 or above, head hunger will become more controlled.

2. EMOTIONALLY HUNGRY

Emotional hunger is tough, as in many cases it has been programmed over many years. You may have learnt to self-soothe with food as a child and, just like all bad habits, the longer it has been a habit, then the longer it will take to break. It's relatively easy to identify, so if you know you are eating for emotional reasons, try substituting another pleasurable activity if possible – a warm bath, a massage or buying flowers for the house. If that fails, try to only keep kilojoule-controlled extras at home so emotional eating does not become a complete binge. Examples include an individual chocolate bar or single ice-cream, rather than an entire block or tub.

3. TIRED HUNGRY

When we feel tired, the instant energy hit we get from food, especially sweet food, naturally fuels this relationship. Shifting the focus from higher-calorie foods will help, so instead opt for low-joule warm drinks such as herbal tea, or a small snack such as a handful of nuts. Sometimes you're better to skip food altogether and go to bed.

4. Bored hungry

Many of us will be familiar with this one – when you are waiting for something, or watching TV at night, and grabbing something to eat gives you something to do. To take control of boredom eating, the first thing to do is identify when it is most likely to strike, and then develop a behavioural management plan to take control. Keeping away from food is a good starting point, as is chewing gum or sugar-free mints, rather than grabbing for extra kilojoules. Even try changing routines so you don't find yourself in the shame room, in front of the TV seeking out unnecessary snacks.

5. OVER-HUNGRY

Extreme hunger when you feel as if you can eat everything in sight is typical of over-hunger – you may not have consumed enough carbs in your previous meal or gone a little too long between eating occasions, which has resulted in low blood glucose levels and ravenous hunger. Eating regularly, every 3-4 hours, will help prevent you getting over-hungry, but if it does strike, choosing savoury foods such as cheese and crackers or a yoghurt with nuts and a little fruit is the key, as sweet food will simply drive your hunger more aggressively and result in significant overeating.

6. OTHERS-EATING HUNGRY

One of the most significant predictors of discretionary or extra foods being consumed is being in the company of others when they are eating. Research suggests if others around you are eating, you will also snack, regardless of hunger. The first step to managing this type of overeating is to be aware of it. Next, simply practise saying no to food, as it will become easier each time you do it. Finally, if you must succumb, get used to tasting extras rather than eating them. Here, you still involve yourself in the group, but your kilojoule intake remains controlled.

YOU CAN DO IT

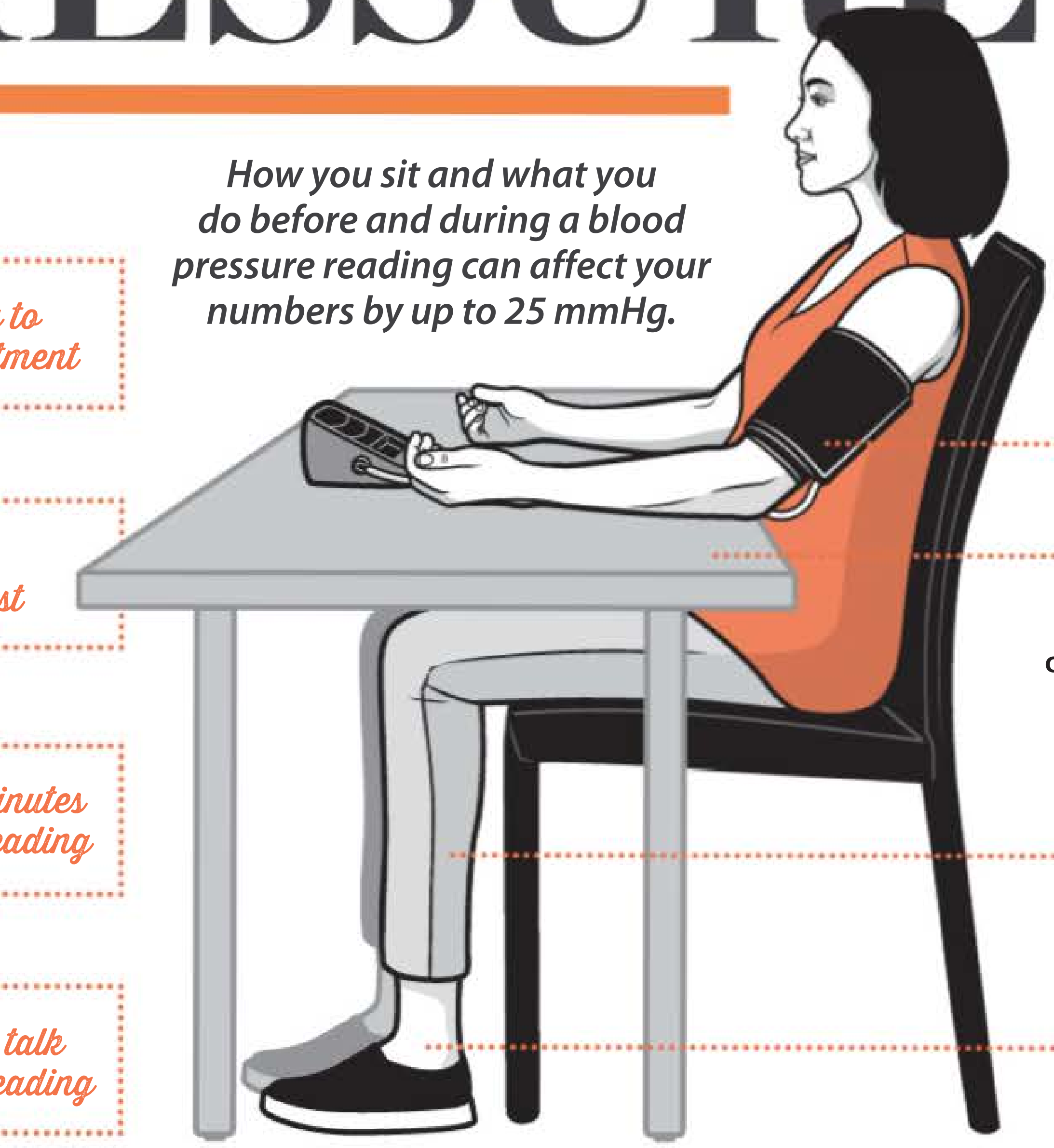
Despite it being an innate physiological driver, many people find themselves rather scared of hunger, and go out of their way to avoid it. But hunger is an important sensation to experience as it tells us our body is burning food well. All we need to do is learn to manage it. Ideally we will feel hungry every 4-5 hours, and limit eating occasions to just 4-6 times each day. Getting in touch with your natural hunger signals is one of the easiest ways you can take control of your hunger to help prevent overeating. Sticking to a simple rule of eating only when you are really, really hungry, and stopping just before you are full, is a simple but powerful step towards weight control. ■

WORDS SUSIE BURRELL **PHOTOGRAPHY** GETTY IMAGES

Under PRESSURE

How to get the most accurate blood pressure readings at the docs and at home

How you sit and what you do before and during a blood pressure reading can affect your numbers by up to 25 mmHg.



- *Arrive early to your appointment*
- *Go to the bathroom first*
- *Rest for 5 minutes before the reading*
- *Avoid small talk during the reading*

Sit in a chair with back support

Ask that the cuff be placed on your bare arm

Support your arm on a table, desk or armrest so the cuff is at heart level

Uncross your legs

Place your feet flat on the ground or on a stool

WORDS MICAELA YOUNG ILLUSTRATION T.M. DETWILER

Think small

Having your blood pressure measured is routine business: sit down, put your arm out and then wait. But did you know that little details – such as talking to the nurse or sitting with your back unsupported – can skew a reading by up to 25 mmHg? In fact, adopting a few "good habits" when you go for a blood pressure reading could help you see more accurate numbers. "When blood pressure is taken the right way, readings tend to be lower by as much as 10-15 mmHg," says Lawrence Fine, chief of the Clinical Application and Prevention Branch of the National Heart, Lung and Blood Institute in the US. When the difference between normal and Stage 1 high blood pressure is just 11 mmHg, accurate measures are key. Next time you go to your doctor's office, try the above tips.

Speak up

The best thing to do if you're concerned about a reading is to be open with your provider, says Seth Shay Martin, an associate professor in the division of Cardiology at Johns Hopkins Medicine. Ask them to help you follow these tips. And, if you're anxious or your numbers concern you, say "I would really love to get more data to see if this reflects my average blood pressure," suggests Martin. To get the most data, talk with your doctor about at-home blood pressure monitoring. Before you look for a validated blood pressure monitor with an arm cuff, ask your pharmacist or doctor for monitor recommendations. At home, follow the same tips above, and bring the monitor with you to your next appointment. ■

Exercising with others can keep you accountable and motivated. Ready to find your people?

SQUAD GOALS

BE THE INSTIGATOR

Don't wait. Suggest a walking meeting at work or invite a colleague to a lunchtime fitness class. At diabetes education sessions or other meet-ups, ask if anyone wants to go for a walk before or afterward. Or, strike up a conversation with someone you see regularly at your gym or on your walking route and ask if they want to meet up. It's a sneaky way to squeeze in activity while building relationships. When you know someone's waiting for you, you're less likely to skip an exercise session.

GET SOCIAL

On social media, that is. "It's a great way to find each other," says Christel Oerum, a Los Angeles-based certified personal trainer and owner of Diabetes Strong. On Twitter and Instagram, follow (and use!) hashtags like #T2D, #type2diabetes, #IMovedToday, #type1warrior, #beyondtype2, #diabadass, and #type1strong.

Posting to your social network can keep you accountable. While you may not exercise with your internet friends, they'll be waiting for your next update. You can also use social media to find face-to-face buddies – try location-based networks like Nextdoor (nextdoor.com.au) or your community Facebook group.

DON'T START FROM SCRATCH

Existing exercise classes or groups are a good way to meet people who are already interested in fitness. Plus, the peer support you get from working out with others can make your experience more enjoyable, and safer too – especially if you experience a hypoglycaemic event. Look for fitness classes at your local gym, community or recreation centre, or through Active Ageing (activeageing.org.au) – a nationwide directory helping you find activities and group classes near you.

Otherwise, consider playing in a recreational league or joining a diabetes-related exercise and education program like Beat It by Diabetes NSW (diabetesnsw.com.au).

RETHINK YOUR DEFINITION OF SUPPORT

Your workout buddy doesn't have to sweat with you side-by-side. Enlist a family member or friend to join you, even if they live far away. Text or FaceTime before or after the gym. Join the same at-home streaming workout, or set up a challenge using your Fitbit or Garmin app (or use more exercise-specific apps like MapMyWalk or Nexercise).

Near or far, friends or strangers, what matters is finding the type of support that works best for you. ■

WORDS CHRISTINE YU **PHOTOGRAPHY** GETTY IMAGES

IT'S TIME TO ACT

Know your diabetes numbers.

When you live with diabetes, daily checks of your blood glucose levels give you information to help with the daily management of your diabetes.

An HbA1c test is a way of looking at your average blood glucose level over a three month period. Because it's an average it captures all the highs and lows, which you might miss in your daily checks.

Understanding your HbA1c and 'knowing your diabetes numbers' can help you and your healthcare team make better decisions about your diabetes management and reduce your risk of complications like heart disease, stroke, nerve damage and eye complications.

It's time to act. Get to know your diabetes numbers today!
To find out more visit **itstimetoact.org.au**

KNOWING YOUR *numbers*

Understanding your HbA1c and having a handle on your diabetes numbers can help you and your healthcare team make better decisions about your diabetes management

WHAT IS HbA1c?

When you live with diabetes, checking your blood glucose levels at home tells you what is happening at a particular moment in time and gives you information to help with the daily management of your diabetes.

The HbA1c test (also known as the A1c or glycated haemoglobin test) is a way of looking at your average blood glucose level over a three-month period. It can help you and your healthcare team make decisions about your care.

Your doctor will recommend a HbA1c level based on your life stage and specific circumstances. Usually this is around 7 per cent (53 mmol/mol), but this can vary.

WORDS DIABETES NSW & ACT AND DIABETES QUEENSLAND **PHOTOGRAPHY** GETTY IMAGES

HbA1c - Test
WIDAL'S TEST
WEIL FELIX
RUMATOID FACTOR
ANTI STREPTOLYSIN
SINGLE USE

WHY DO HbA1c LEVELS MATTER?

Your blood glucose level is constantly changing. It goes up and down based on when and what you've eaten, exercise, if you are stressed and your diabetes-related medication. Checking your blood glucose levels at home helps you make day-to-day decisions around managing your diabetes.

Even if you check your blood glucose levels several times a day, you may miss the highest and lowest points. The HbA1c test is an average, so it will capture all of the highs and lows. To use a cricket analogy, using your blood glucose meter at home is like looking at a batsman's performance on a single day. The HbA1c test is then like looking at the batsman's batting average over a season.

The higher the HbA1c is above 7 per cent the more likely you are to develop diabetes-related complications, like heart disease, stroke, nerve damage and eye complications.

> **The HbA1c test is like looking at a batsman's average over the season**

HOW DOES THE HbA1c TEST WORK?

Some of the glucose in your blood attaches to a part of your red blood cells. When your blood glucose is high, more glucose attaches to the red blood cells. When blood glucose is low, less glucose attaches to the red blood cells. This attachment is permanent for the life span of the red blood cell, which is about three months. That's why the HbA1c gives you a snapshot of your blood glucose levels over the past three months.

It is recommended that you have an HbA1c test every 6-12 months, although your GP or specialist may choose to test your HbA1c more frequently.

WHERE CAN I TAKE AN HbA1c TEST?

You have a few options when taking an HbA1c test. Your doctor can ask for an HbA1c test to be included in your regular blood tests.

Some clinics offer a point-of-care check. This involves taking a drop of blood from your fingertip and within about 10 minutes you can get your HbA1c numbers.

Or you can purchase a home test. With this option you take a finger prick sample at home, place a couple of spots of blood onto a card and mail this card to the lab. You will get your HbA1c results delivered online within a few days and you can take them to your doctor or healthcare team to discuss management. ■

Visit itstimetoact.org.au for more information

The lowdown on HYPOS

From what causes them to how to treat them effectively – and what can happen when you don't – here's what you need to know about hypoglycaemia

It might start with feeling a bit tired. Before you know it, you're shaking and sweating a little. Then the dizziness starts. You're having a hypo, but the big question is, would you recognise what's happening and know what to do about it?

The fact is, hypos can not only happen and progress quickly, they can also be dangerous – even fatal – if left untreated, so making sure you know as much about them as possible could be a literal lifesaver.

So, what is hypoglycaemia?

A hypo occurs when your blood glucose level drops too low – below 4mmol/L. People who take insulin to manage their diabetes are much more likely to experience hypos, but taking other glucose-lowering tablets increases the risk, too.

People using diet alone to manage their type 2 diabetes can also experience hypos, with a survey conducted by Diabetes UK finding one in two people living with type 2 experience at least one a fortnight. And, while severe hypoglycaemia is rare in cases of type 2, more than 50 per cent of people who experience mild to moderate

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

hypos agree they impact their quality of life.

Why do hypos happen?

A number of things can cause hypoglycaemia, including taking too much of your diabetes medication, delaying or skipping a meal, not eating enough carbohydrate, or doing more physical activity than planned without eating more or adjusting your dose of diabetes medication to account for it.

Drinking alcohol, particularly on an empty stomach, can also increase your risk of having a hypo.

How do I know if I'm having one?

Getting a reading below 4mmol/L when you check your BGLs is an obvious sign, but on top of the symptoms mentioned earlier, other early warning signs you're having a hypo include developing a headache and feeling hungry, irritable or more anxious or nervous than usual.

If left untreated, more severe hypo symptoms can occur, including muscle weakness, blurry vision, feeling drowsy, slurred speech, clumsy, jerky movements and loss of consciousness.

People who have lived with diabetes and hypos for many years can be at risk of something called impaired awareness of hypoglycaemia (IAH), where they don't feel the early warning signs of a hypo, and only realise what's happening in the latter stages, when their BGL drops very low. This can be dangerous, because by then, a hypo can be harder to treat.

> ***More severe symptoms include slurred speech and muscle weakness***

While you should always act when your blood glucose level is 4mmol/L or below, if you've noticed you don't experience any hypo symptoms when this happens, you should discuss this with your doctor or credentialled diabetes educator.

Can hypos be prevented?

Trying to understand why a hypo episode happened when one occurs, by being familiar with the common causes, can help you prevent them recurring as often. Useful preventative strategies include:

- **Eating regular meals** and snacks rather than skipping or delaying them.
- **Measuring your diabetes** medication carefully and taking it on time.
- **Adjusting your medication** or eating an extra snack when you undertake more exercise than you usually would.
- **Making the effort** to eat something when you're having an alcoholic drink, rather than drinking on an empty stomach.

Plus, taking the time to test your blood sugar regularly can help you spot a hypo early, before any symptoms set in.

If you have hypos several times a week, have a chat to your doctor as you may need to adjust or change your diabetes medication or treatment plan.

WHAT'S THE BEST WAY TO TREAT ONE?

The first step is having 15g of fast-acting carbohydrate, such as **six or seven jellybeans, or half a can of regular soft drink, or half a glass of fruit juice or three teaspoons of honey.** You can also use glucose tablets to the equivalent of 15g of carbohydrate. After 15 minutes, check your blood glucose level to see if it's risen above 4mmol/L. If it hasn't, have another 15g of fast-acting carbohydrate. If it has, eat a snack or a meal that contains a longer-acting carbohydrate to prevent your BGLs going down again. Good choices include a slice of bread, a glass of milk or a piece of fruit. ■

DOUBLE TROUBLE

By the time Eddie had turned three, he'd been diagnosed with both type 1 diabetes and coeliac disease. Four years on, while he still faces unique challenges, Eddie's future looks hopeful. Here, his mum Andrea Smith shares their story

TYPE 1

In some ways, Eddie's diabetes gets easier to manage the older he gets – and in other ways it becomes more challenging, or at least challenging in different ways. For example, he's much more comfortable with us injecting him now than he was as a three-year-old. And the insulin pump we started using 12 months after he was diagnosed, combined with the continuous glucose monitoring system he's got, has allowed us to gain much finer control of his blood [glucose] levels and means we can be more flexible with how much he eats. Gone are the days when we could only let him have half a banana, which would trigger a tantrum because he didn't understand why he couldn't eat the whole thing.

But on the other hand, every birthday that passes brings opportunities for new adventures and experiences, things like sleepovers, many of which he can't enjoy. Unless someone is there who we trust to manage his diabetes, either myself or his dad, Campbell, needs to be close by. That's quite restrictive for a seven-year-old.

An added complication

We found out Eddie had coeliac disease a few months before he was diagnosed with diabetes, when he was about two-and-a-half. He'd always been a fussy eater, so we were already under the care of a fussy-eating specialist and a paediatrician. At one point, there were only 10 foods Eddie would eat and I suspected he was anaemic. I took him to see his paediatrician, who thankfully has a background in gastroenterology, so when tests confirmed Eddie's anaemia, we were told we should test for coeliac disease, too.

Those tests came back positive, and changing his diet to suit improved his health pretty quickly. But a few months later, he started to display all the classic signs of type 1 – desperate for water and despite doing really well with toilet training, he'd started wetting the bed, and himself, again. When tests diagnosed his diabetes, his ketones were through the roof. We were told to rush him straight to the emergency

TYPE 1
FOUNDATION

ABOVE: Eddie with his family. RIGHT: Eddie building with Jenga blocks.

department. He was very ill and seeing our little boy totally listless, lying in bed, hooked up to all these machines, was scary and confronting. I couldn't believe he had coeliac disease and type 1. Autoimmune diseases didn't run in our family and no-one had diabetes or coeliac disease – why was it happening to Eddie?

The fact that he's living with both diseases complicates things. A fair few sources of fast- and longer-acting carbohydrates contain gluten, and when Eddie accidentally eats gluten, he vomits and gets a sore stomach. Then, trying to get him to eat something anytime soon is a challenge. That's understandable, but because of his type 1 he can't skip meals. I remember chasing him around the house trying to get him to eat half an ice block after he'd been throwing up once, thinking 'this is not normal parenting behaviour!'. So yes, it's not always easy.

Forward thinking

One of our biggest concerns when Eddie was first diagnosed with diabetes was what the future would be like for him. Learning about the serious long-term complications was incredibly worrying and sobering. It still is. It's something that weighs heavily on Campbell and me. The risk of complications is affected by how well your diabetes is managed and, because Eddie is a child, we're responsible for that right now. As a parent, you never want to do anything that'll harm your child, so we want to get him through these years in the best health possible. The great news is his HbA1c is really good at the moment – under 7.

We're also heartened by how much research is currently going on, into both diabetes and coeliac disease, and how any one of those projects might change Eddie's life for the better as he grows up. We know we're already so much better off when it comes to treatment, management and awareness compared to just a decade ago, and we're incredibly grateful for the work national organisations, like Coeliac Australia, do. So, while we'd dearly love to see cures for either or both diseases, we're confident that even if they're not just around the corner, significant, life-changing advances are. ■

Type 1 and coeliac disease

While one in 70, or about 1.5 per cent of Australians have coeliac disease (CD), where the immune system reacts abnormally to gluten, having type 1 increases the risk significantly, so that up to 10 per cent of people with type 1 diabetes go on to be diagnosed with CD. Research proves it works the other way too: children with CD have an increased risk of type 1.

The link between type 1 and CD is still being investigated, but both are autoimmune disorders and genetics are thought to play a role. There is no established link between type 2 and CD.

Because 79 per cent of CD cases in people with diabetes are diagnosed within the first five years of a type 1 diagnosis, often with few symptoms, experts stress the importance of screening for CD in children when they're initially diagnosed with type 1, and at regular intervals following that. Australian Guidelines on the frequency of screenings have not yet been established.

AS TOLD TO KAREN FITTALL **PHOTOGRAPHY** SUPPLIED BY ANDREA SMITH

TYPE 2

SMALL *changes*

Mum of five Kim Thompson, of Christchurch, shares how her family helped turn her life around after a shock diabetes diagnosis just before her 39th birthday

In the 16 months following her diagnosis, Kim lost 57 kilograms, and says the "huge wake-up call" was the best thing to happen to her and her family.

"I was diagnosed with type 2 diabetes in October 2017, four days before my 39th birthday – it was a huge shock, and I was terrified, because my blood glucose count was very high and the doctor was worried about me. I was living on seven to 10 cans of Coke a day, ate a large range of bad foods, and did limited exercise.

"Sadly, I was lazy. Although my birth family is riddled with type 2 (some have lost limbs to diabetes), I still let myself go. So, this diagnosis was a huge wake-up call for me. I have five kids and I want to be as healthy as I can be. I want to be with them as they grow up, and I have big plans for my life when they fly the coop.

"I was scared after seeing the doctor, but I made the choice that day that type 2 diabetes was not going to control me. I read as much as I could, joined groups on Facebook and taught myself about food and what was good, bad and a 'sometimes' treat. I learned new ways to cook and snack and, with the support of my family, especially my youngest daughter, I started the huge mission to reinvent myself.

"Today, I live on fresh vegies and home-made meals so I can control what's in my food. I gave up alcohol and fizzy drinks –

Weight lost **57kg**

I only drink water and the odd coffee without sugar. I stopped eating for the sake of it, and now only eat to fuel my body.

"I walk every day, rain or shine. Lucky for me, there are some awesome walks among the hills across Christchurch, and I explore them three times a week to find new tracks and places. Thankfully, my husband Vince and our two youngest children, Jack and Abby, are willing to come along for the walks; after all, it's a great opportunity and achievement to watch the sunrise or sunset from the top of the hills that we explore.

"Since my world was tipped upside down, I have found a new love for life. I eat less, I feel great and I now have more energy to play with my kids and live my life to the fullest. It was scary at the start, but my gosh I have now lost 57 kilograms, my clothes have dropped in size and, for the first time in years, I feel amazing.

"If you're just starting out on your new journey, don't let diabetes define and control you. Start by taking small steps in the right direction. This will help you and your family members who are living with type 1 or type 2 diabetes to live a healthier life and reduce the risk of other family members developing it.

"All it takes is small changes, every day, and before you know it they will become normal and you will forget the old days of bad foods. Find support wherever you can, especially in your *whanau* (family). Take this diabetes and kick it in the butt!

"In all honesty, my diagnosis has turned out to be the best thing that happened to me. It woke me up, taught me so much, and has had a huge positive effect on my family, all our lifestyles and the future of my five children." ■

AS TOLD TO DIABETES NZ'S *DIABETES WELLNESS* MAGAZINE, ELLIE GRIFFITHS
PHOTOGRAPHY SUPPLIED BY KIM THOMPSON, GETTY IMAGES

LEFT: Kim displaying her previous pants. ABOVE: Kim with her husband and two of their children on a walk. ABOVE RIGHT: The Thompson family.

ARE YOU ACTIVE? OR FIT?

Here's how to easily kick it up a notch and improve your health

There is evidence to support the theory that being 'generally active', such as going for regular easy walks, is good for your health. But the truth is, spending time getting fitter will enable you to get the most out of life for as long as possible (ie, it can help you live longer).

Have a think about your day. Are you:

- **Generally active, or**
- **Engaging in activities that are helping you get physically fitter?**

The table below can help you to understand if you are doing more general activity or activities that are getting you physically fitter.

ARE YOU?	THIS MEANS YOU ARE
Taking the stairs instead of the lift	Generally active
Cycling	Getting physically fitter
Lifting weights or using resistance bands	Getting physically fitter
Hanging out the washing	Generally active
Dancing	Getting physically fitter
Vacuuming	Generally active
Looking after grandkids	Generally active
Doing an aqua class	Getting physically fitter
Walking for 30 minutes	Getting physically fitter
Mowing the lawn	Generally active
Going shopping	Generally active

Why is becoming physically fitter so important?

There is significant evidence that activities which improve aerobic fitness, such as walking, cycling and swimming, help to increase our lifespan and reduce the number of early deaths in a population. This is true for both men and women.

If the thought of getting more physically fit feels a little out of reach for you at the moment, start slowly by following these tips. They might take you from being generally active to being physically fitter.

Work up to better health one step at a time

Start by getting your steps up

You may have heard that 10,000 steps a day is the target to reach for healthy physical activity. If this feels too much for you at this point in time, we have some good news! A recent study has found a longer life can be gained if you achieve just 4400 steps a day.

Why not go for it – and reset your goals as you improve.

Remember, every journey has to start somewhere! (Find out how you can take 10,000 steps around Adelaide, on page 127.)

To get physically fit, build up gradually

If you're not sure about how to increase your fitness, try the progressive walking plan below to help you get started and into the physically active zone. ■

WEEK	NUMBER OF DAYS PER WEEK	WALK OUT	WALK BACK	TOTAL TIME PER DAY
1	3	5 mins	5 mins	10 mins
2	4	6 mins	6 mins	12 mins
3	4	7.5 mins	7.5 mins	15 mins
4	5	8.5 mins	8.5 mins	17 mins
5	5	10 mins	10 mins	20 mins
6	5	11 mins	11 mins	22 mins
7	5	13 mins	13 mins	26 mins
8	5	15 mins	15 mins	30 mins

If you are concerned about increasing the intensity of your exercise due to health issues or risk of injury, ask an expert. We recommend you talk to an Accredited Exercise Physiologist (AEP).

WORDS JOANNAH BRAHAM, ACCREDITED EXERCISE PHYSIOLOGIST, DIABETES NSW & ACT.
PHOTOGRAPHY GETTY IMAGES

FIND YOUR CALM

Practising yoga helps Rachel Zinman through the ups and downs of managing her diabetes. She created this series to help you improve strength and flexibility, manage stress and gain a more positive outlook – at any age or fitness level

It's easy to find calm on the Sunshine Coast, where Zinman lives and teaches yoga.

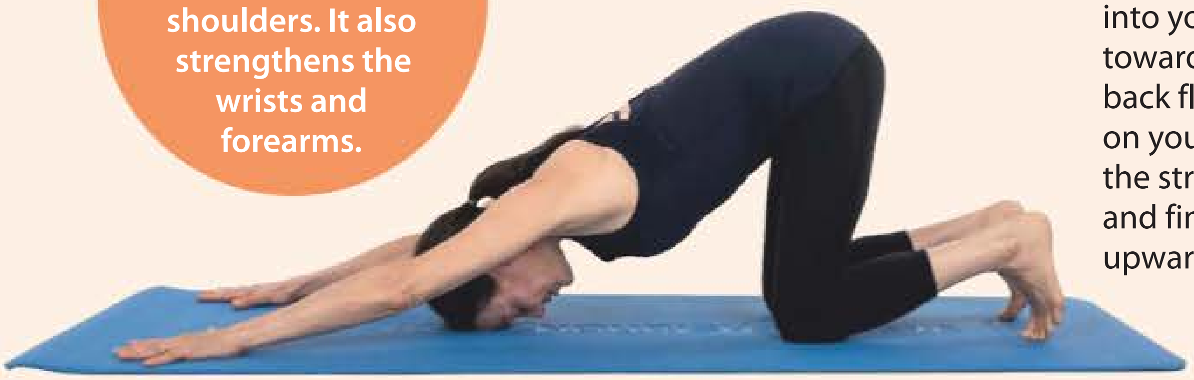
“As a physical form of exercise, yoga can remind you of the nature of yourself: whole, complete and perfect,” says Rachel Zinman. “When we live with chronic illness, it can be hard not to get lost in feelings of imperfection. Turning your attention to your breath and body can pull your mind away from stressful thoughts and emotions. Yoga isn’t meant to replace your usual aerobic and strength-based activities, but it can complement them. A regular yoga practice can benefit your blood glucose levels and insulin sensitivity, and keep you grounded in the present.”

The word ‘yoga’ means oneness, or wholeness

HOW TO USE THIS WORKOUT

Each pose in this workout has two versions. Begin with the easier version, moving onto the more challenging version when you’re ready. Hold each pose for 10 full breaths. Aim to do this sequence, choosing one version of each pose, twice a week. ➤

This pose stretches the hamstrings and shoulders. It also strengthens the wrists and forearms.



Easier

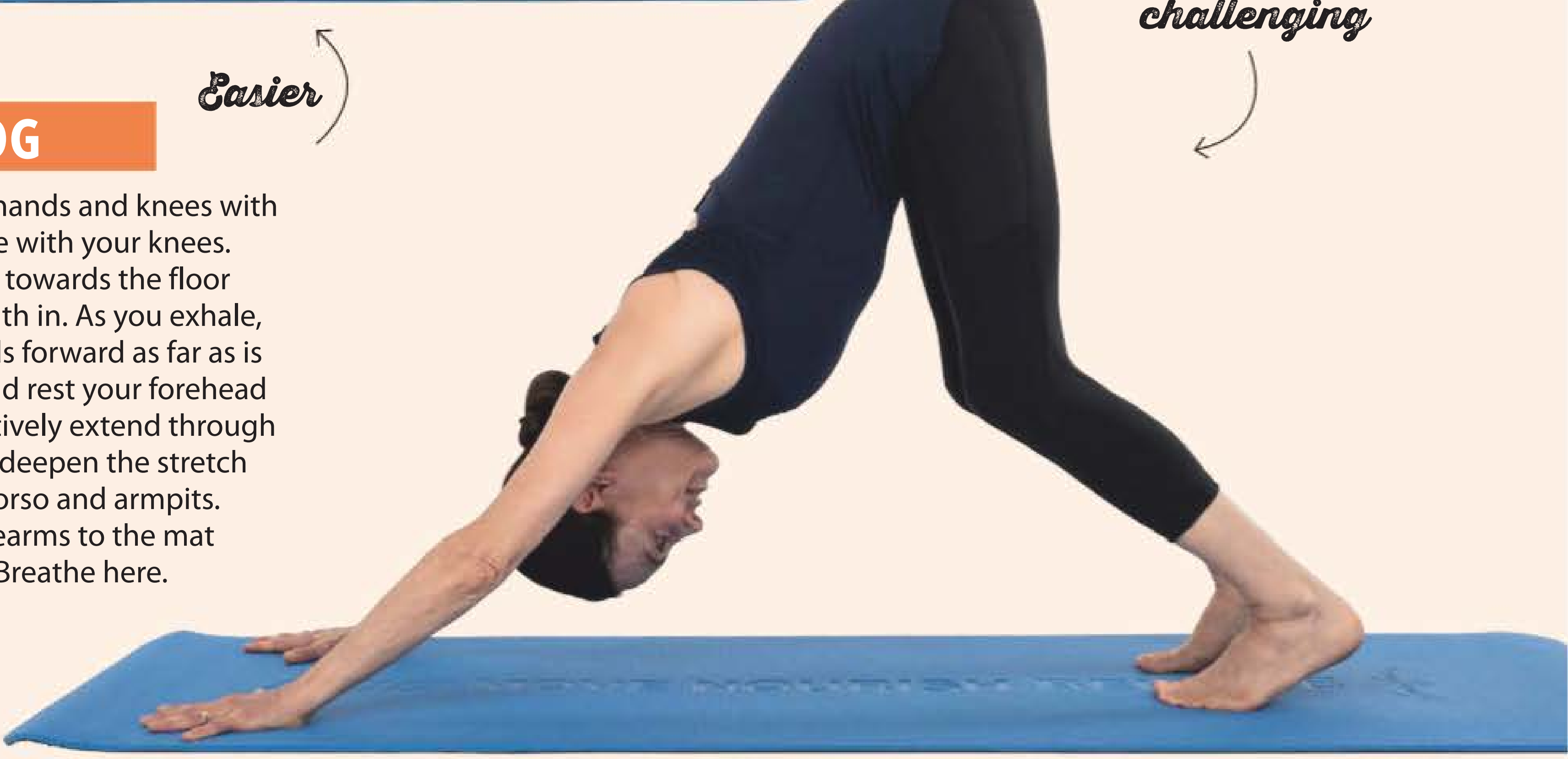
HALF DOG

Begin on your hands and knees with your hips in line with your knees. Point your toes towards the floor and take a breath in. As you exhale, walk your hands forward as far as is comfortable and rest your forehead on the mat. Actively extend through your fingers to deepen the stretch through your torso and armpits. Lower your forearms to the mat if you need to. Breathe here.

DOWNWARD-FACING DOG WITH BENT KNEES

Start on your hands and knees, with your fingers spread wide. Tuck your toes under, push down into your hands and feet, and lift your buttocks towards the sky. Keep your knees bent and your back flat. (If you feel there is too much weight on your arms, bend your knees more.) Deepen the stretch in your torso by pushing your hands and fingers into the floor as you reach your hips upwards. Breathe here.

More challenging

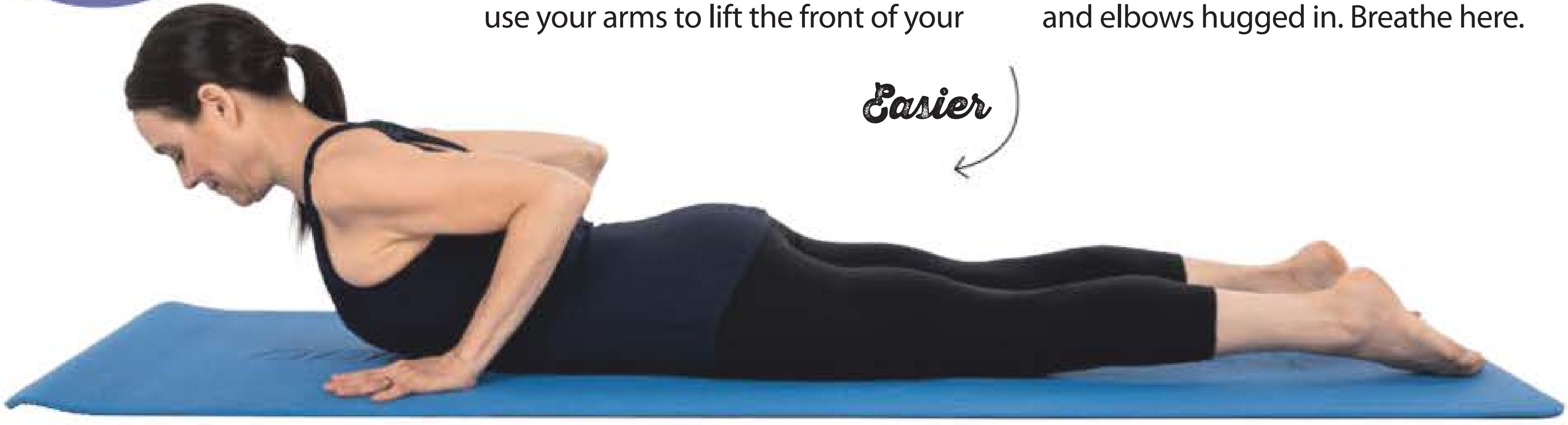


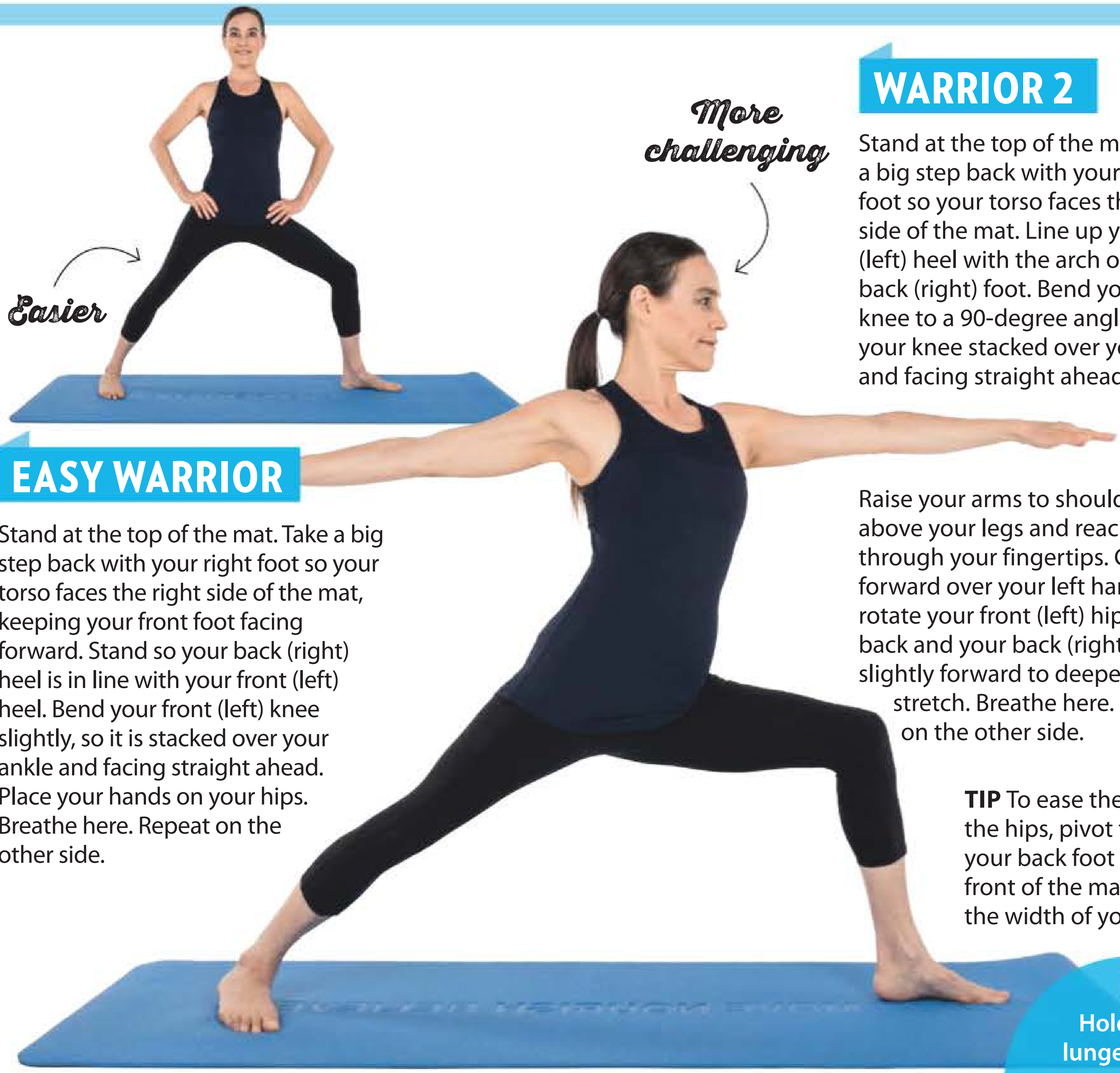
Elongating through the back side of your body stretches the chest and shoulders.

BABY COBRA

Lie on your belly, legs together. Place your hands under your shoulders, thumbs in line with the centre of your chest. Tuck your arms in close to your body, your elbows pointing straight back. Press down into your hands and use your arms to lift the front of your chest, keeping the bottom of your rib cage, entire abdomen and pubic bone on the ground. Keep your neck in line with your spine and gaze forward. Focus on elongating your body: legs reaching behind you, spine long and elbows hugged in. Breathe here.

Easier





EASY WARRIOR

Stand at the top of the mat. Take a big step back with your right foot so your torso faces the right side of the mat, keeping your front foot facing forward. Stand so your back (right) heel is in line with your front (left) heel. Bend your front (left) knee slightly, so it is stacked over your ankle and facing straight ahead. Place your hands on your hips. Breathe here. Repeat on the other side.

WARRIOR 2

Stand at the top of the mat. Take a big step back with your right foot so your torso faces the right side of the mat. Line up your front (left) heel with the arch of your back (right) foot. Bend your front knee to a 90-degree angle, keeping your knee stacked over your ankle and facing straight ahead.

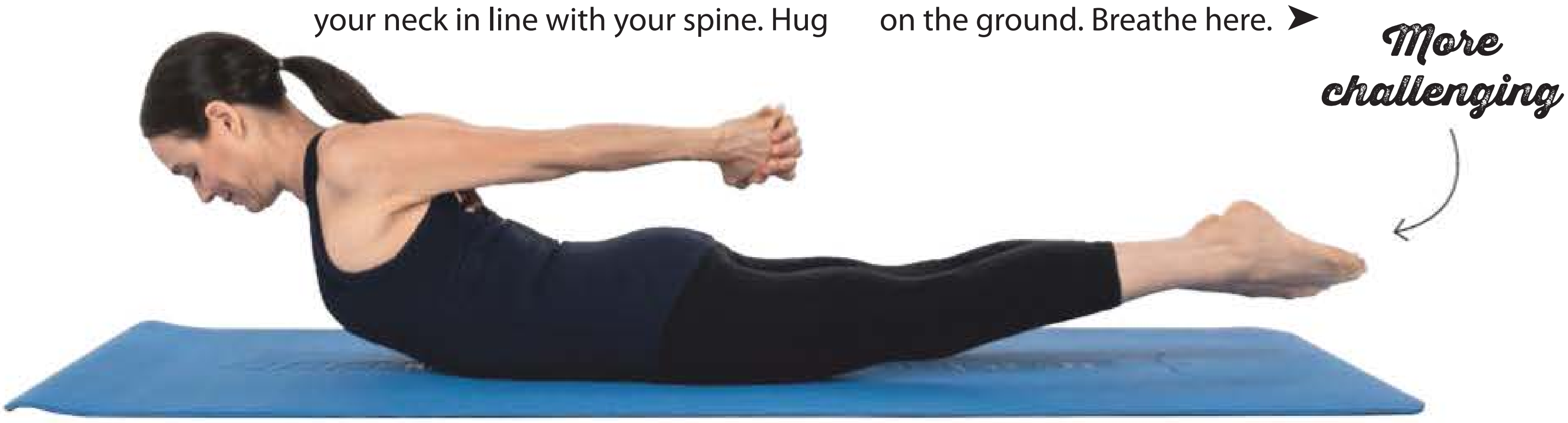
Raise your arms to shoulder height above your legs and reach out through your fingertips. Gaze forward over your left hand. Gently rotate your front (left) hip slightly back and your back (right) hip slightly forward to deepen the stretch. Breathe here. Repeat on the other side.

TIP To ease the stretch in the hips, pivot the toes of your back foot towards the front of the mat or lessen the width of your stance.

Holding a lunge stance strengthens the legs and helps to release tight hips.

LOCUST POSE WITH CLASPED ARMS

Lie on your belly and interlace your fingers at the small of your back. On your next inhale, lift your feet, legs, upper chest and head off the ground, and lift your arms straight back, keeping your hands clasped. Keep your neck in line with your spine. Hug your inner thighs together and lift them towards the sky while relaxing your buttocks. Focus on stretching through the front of your chest and keeping the bottom of your rib cage, entire abdomen and pubic bone on the ground. Breathe here. ➤

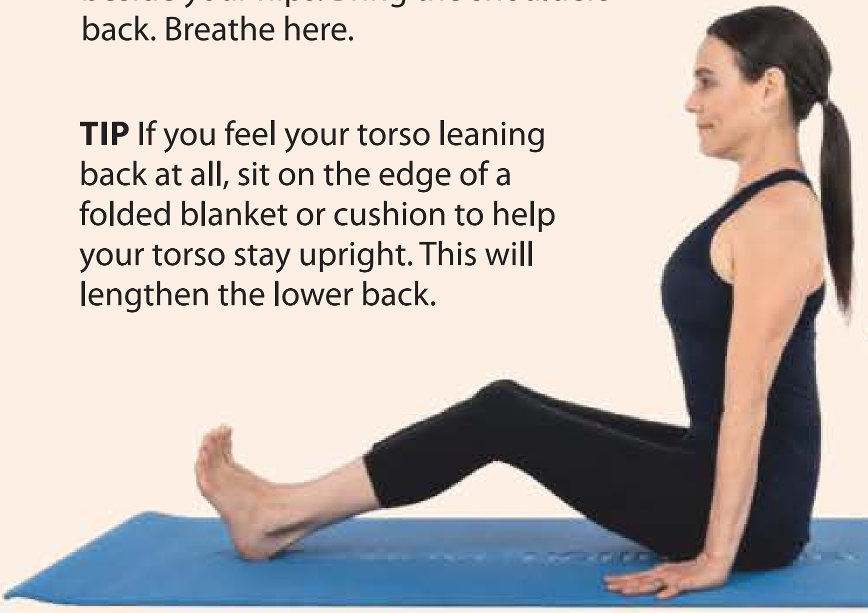


COMFORTABLE STAFF POSE

Easier

Sit on your mat with both legs extended in front of you. Pull your toes back towards your shins and lift your torso upright. Bend your knees and shift your weight back slightly so you're sitting on the centre of your buttock muscles. Place your hands beside your hips. Bring the shoulders back. Breathe here.

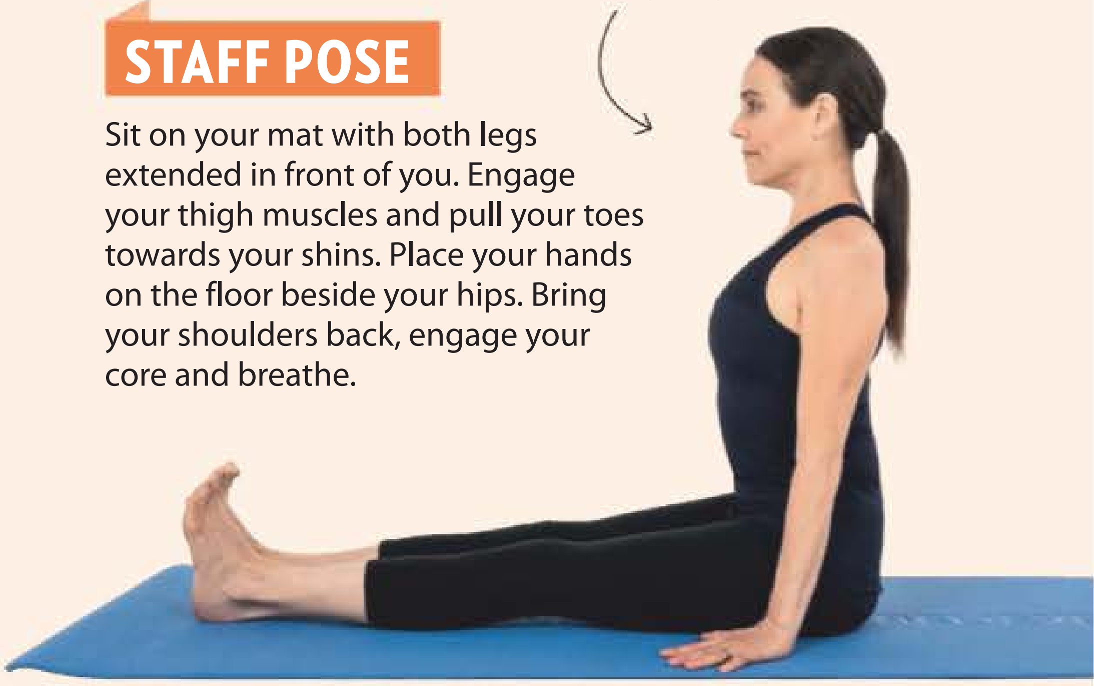
TIP If you feel your torso leaning back at all, sit on the edge of a folded blanket or cushion to help your torso stay upright. This will lengthen the lower back.



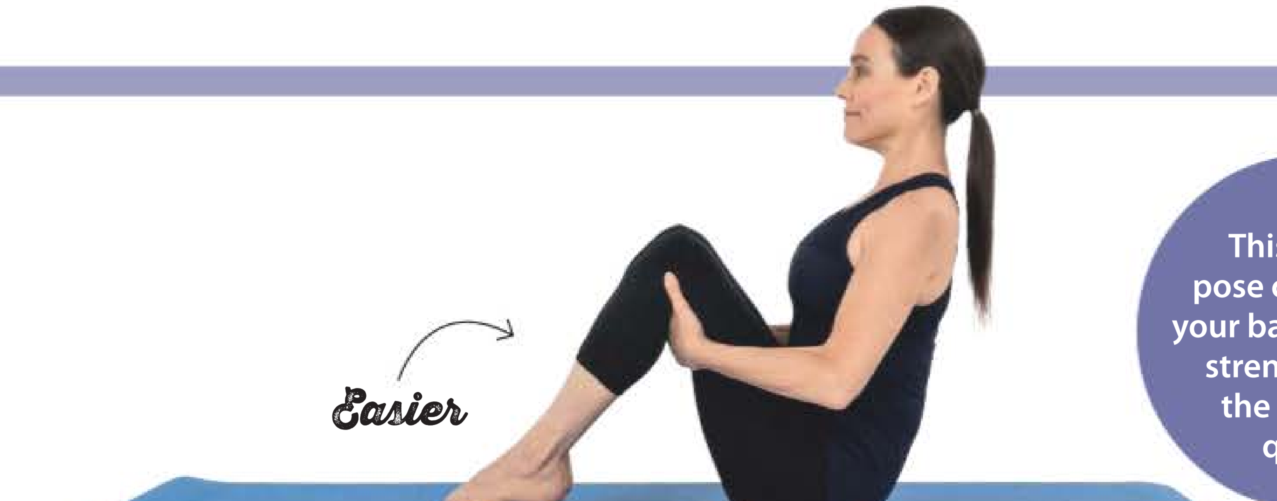
More challenging

STAFF POSE

Sit on your mat with both legs extended in front of you. Engage your thigh muscles and pull your toes towards your shins. Place your hands on the floor beside your hips. Bring your shoulders back, engage your core and breathe.



Sitting tall with your legs extended strengthens your abs and back while stretching the hamstrings.



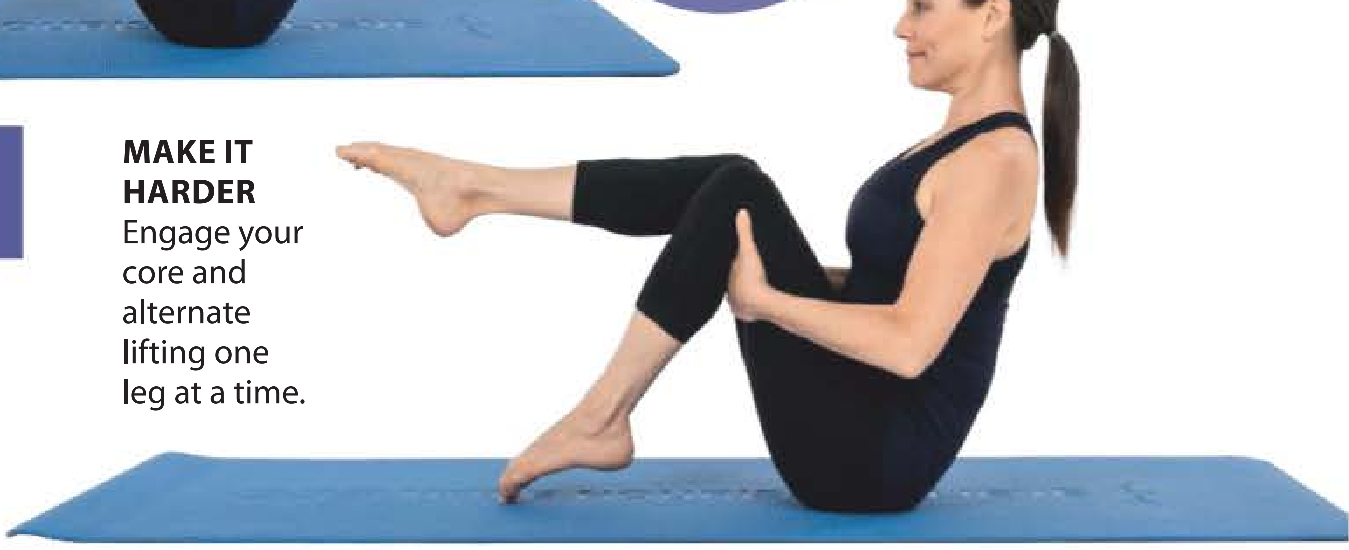
Easier

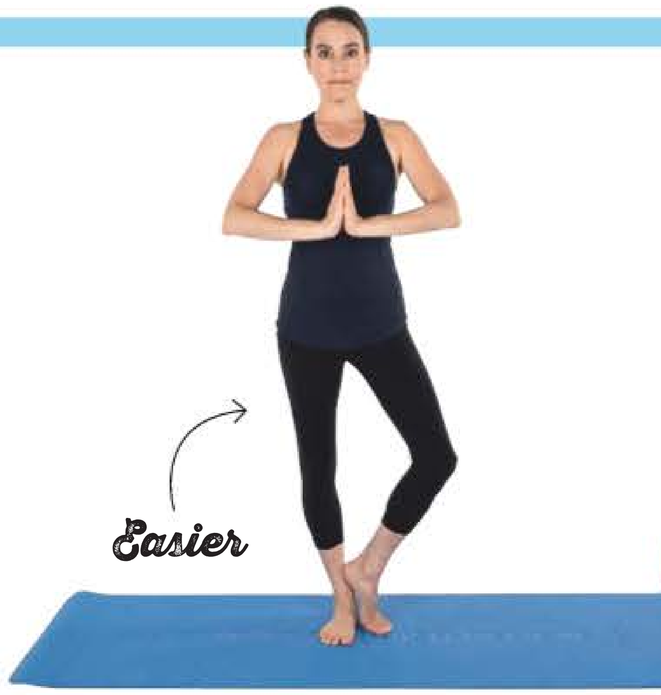
This seated pose challenges your balance while strengthening the core and quads.

BOAT POSE WITH BENT KNEES ON THE FLOOR

Sit on your buttocks with your knees bent and feet flat on the floor. Place your hands behind your knees. Exhale as you shift your weight back slightly to just below your tailbone and come onto the tips of your toes. Breathe here, sitting tall and opening up through your chest.

MAKE IT HARDER Engage your core and alternate lifting one leg at a time.



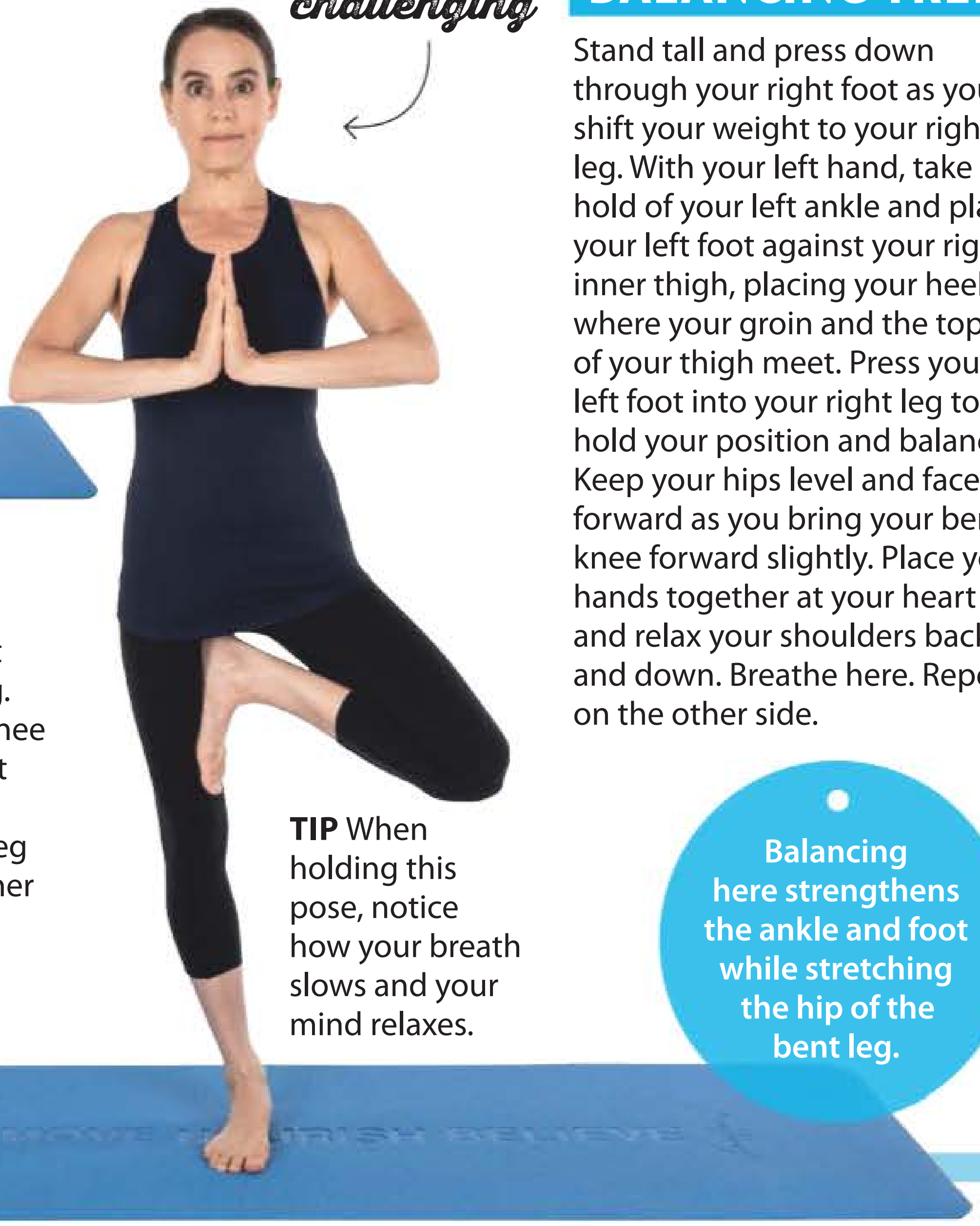


Easier

SUPPORTED TREE

Stand tall and press down through your right foot as you shift your weight to your right leg. Rotate your left leg outward, bending your knee to bring your left heel up to rest on your right ankle, pressing the ball of your left foot into the floor. Press your left heel into your right leg to maintain balance. Bring your hands together at your heart and gently push on your palms as you relax your shoulders down and back. Breathe here. Repeat on the other side.

More challenging



BALANCING TREE

Stand tall and press down through your right foot as you shift your weight to your right leg. With your left hand, take hold of your left ankle and place your left foot against your right inner thigh, placing your heel where your groin and the top of your thigh meet. Press your left foot into your right leg to hold your position and balance. Keep your hips level and face forward as you bring your bent knee forward slightly. Place your hands together at your heart and relax your shoulders back and down. Breathe here. Repeat on the other side.

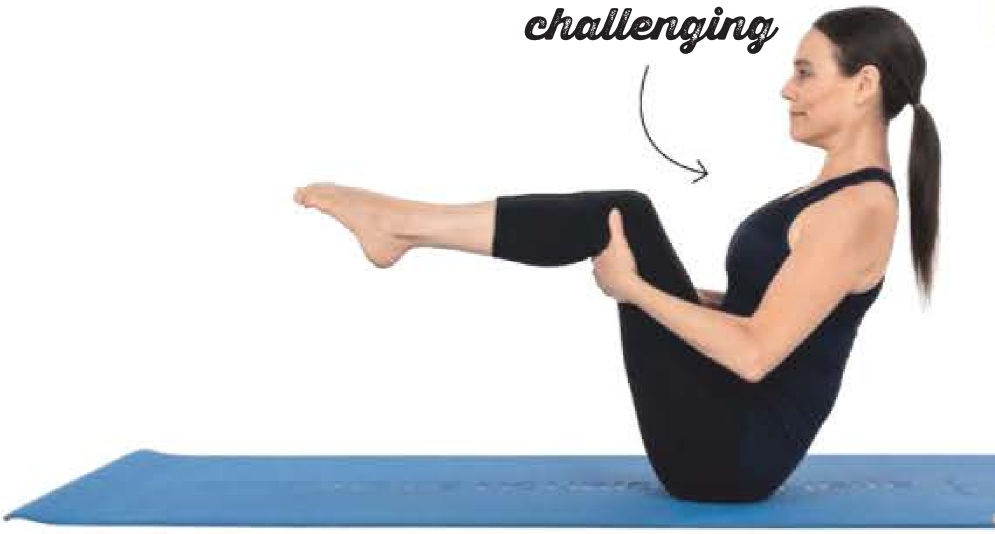
TIP When holding this pose, notice how your breath slows and your mind relaxes.

Balancing here strengthens the ankle and foot while stretching the hip of the bent leg.

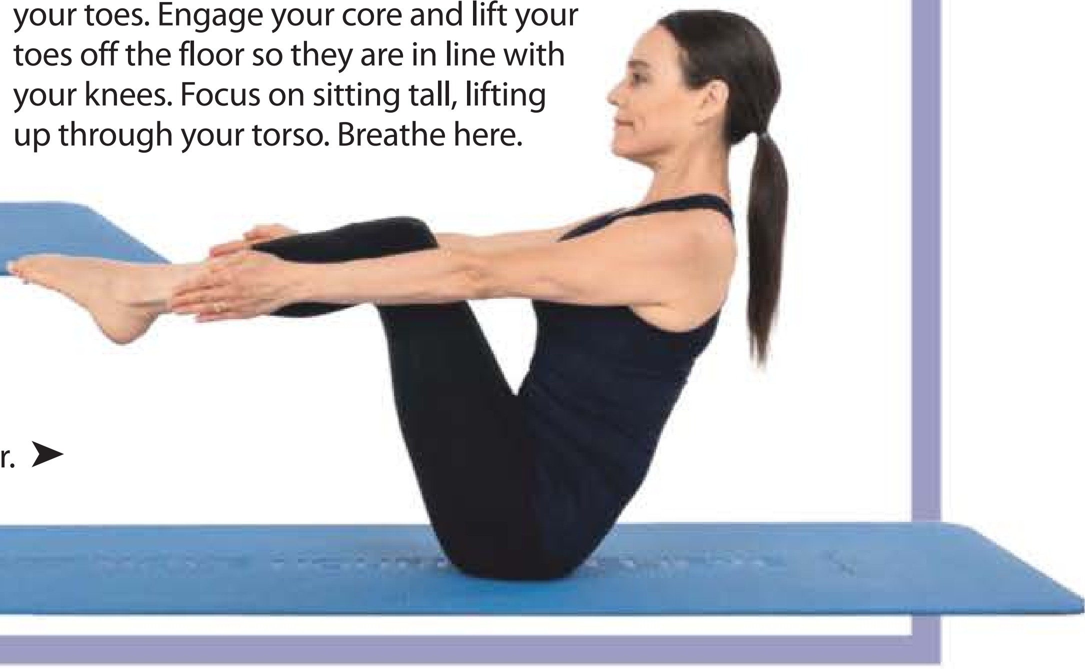
BOAT POSE WITH BENT KNEES

Sit on your buttocks with your knees bent and feet flat on the floor. Place your hands behind your knees. Exhale as you shift your weight back slightly to just below the tailbone and come onto the tips of your toes. Engage your core and lift your toes off the floor so they are in line with your knees. Focus on sitting tall, lifting up through your torso. Breathe here.

More challenging



MAKE IT HARDER
Lengthen your arms alongside your legs, palms facing each other. ➤



Coming to terms

I met my first yoga teacher in a pilates studio, long before my diabetes diagnosis. After class, she asked if anyone would like to come upstairs and try yoga. My chiropractor had mentioned that it would help me strengthen my back and reduce stress, so I thought, "Why not?" In that first class, I was her only student. I felt so awkward – not only was it challenging to follow her alignment cues, but also her sole attention was focused on me! In spite of those feelings, there was something intriguing about the way I felt after class. Light and open with a quiet mind.

The benefits of yoga weren't apparent to me at first. But because my friends were going and I enjoyed the discipline of moving my body in new and challenging ways, I kept at it, practising three times a week. I gradually noticed a change in my demeanour. I was less reactive, more productive and generally at ease with life. And I became more in tune with my body and how I was feeling. This eventually translated into better sleep, healthier eating habits and improved self-esteem.

Fast forward 20 years. I started to notice a sweet taste in my mouth and I struggled with low blood sugar episodes. I knew something wasn't right. One day, I collapsed and couldn't get out of bed. Two days later, I was told I had diabetes. I was 42.

It took six years – and a correct diagnosis of latent autoimmune diabetes in adults (LADA) – to come to terms with my diagnosis, but continuing to practise yoga through all the ups and downs helped. Whenever I felt worried, exhausted or overwhelmed, I'd roll out my mat, move into a slow sequence and take a moment to be grateful. Grateful for modern medicine and for life itself.

No matter what I feel, or how tough life gets with diabetes, yoga keeps me grounded and reminds me I'm better than this disease. ■

Rachel Zinman has been practising yoga since 1983 and teaching since 1992. She is the author of *Yoga for Diabetes: How to Manage your Health with Yoga and Ayurveda*. She also blogs at rachelzinmanyoga.com and yogafordiabetesblog.com.

WORDS MICAELA YOUNG **PHOTOGRAPHY** JAIME KINSELLA

CAP THE CLUTTER

Spring-clean your medicine cabinet by safely disposing of old and unwanted drugs

WORDS CHRIS HAYHURST, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

1 TAKE STOCK

You may think your overstuffed medicine cabinet is harmless but, according to The Royal Australian College of General Practitioners, the most abused prescription drugs come from family and friends. Diabetes drugs are rarely the culprit (analgesics and sedatives are the biggest problem), but even they can be dangerous when misused. So, what do you have in there? Pull it all out and sort it into piles according to what you're using and not using right now.

2 CHECK DATES & DOSAGES

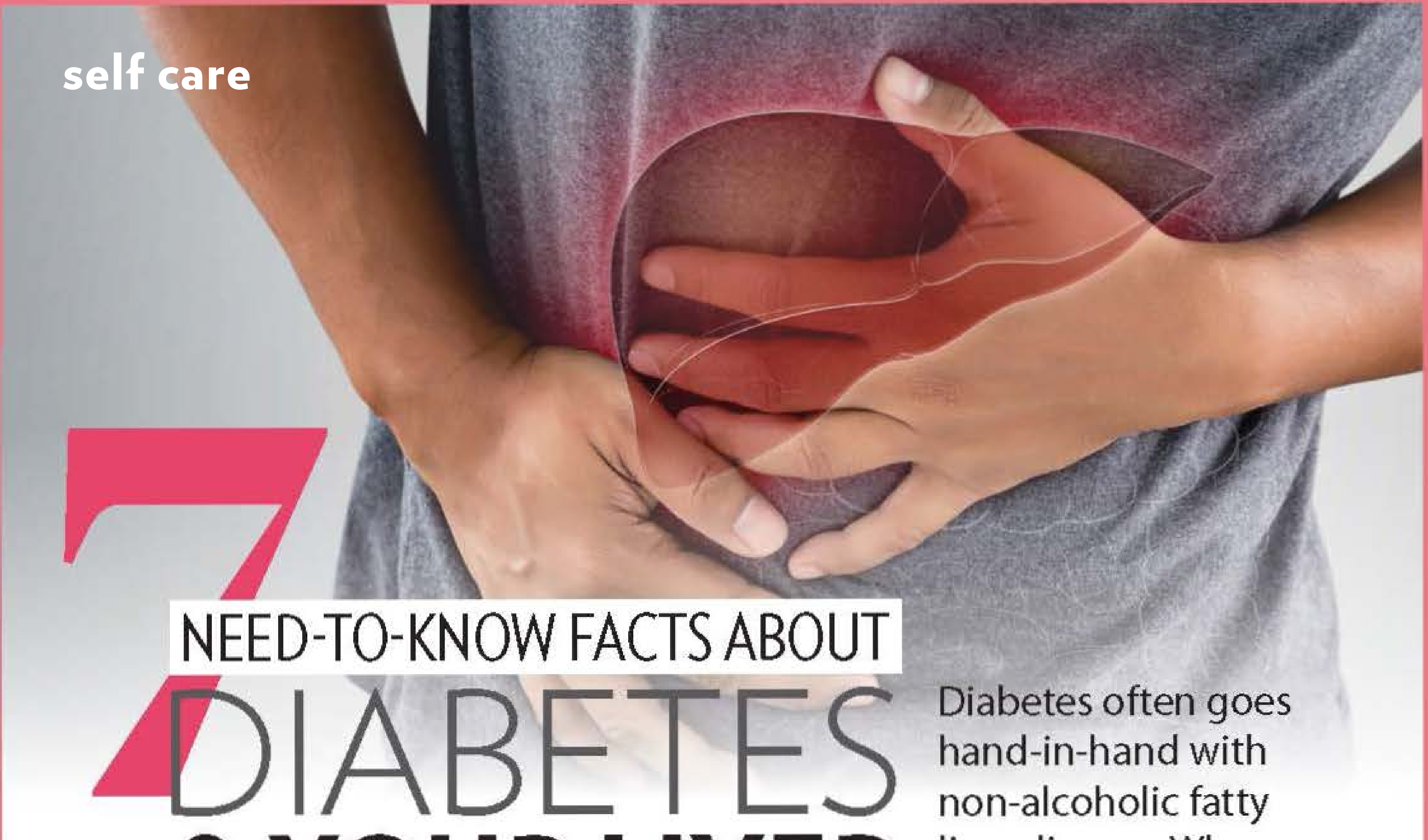
Expiration dates are calculated according to drug stability. "They indicate when the drug may stop working to its full effect," explains diabetes educator and *Diabetic Living* USA adviser Marty Irons. Expired medications should be cleared out – and the same goes for opened insulin: lasts up to 28 days when refrigerated. "Insulin breaks down very quickly and that can really impact your blood [glucose] numbers," says Irons. Also scrutinise your medication dosages, which may have changed over time. With some diabetes meds, for example, if your weight or activity level has changed, you may be on a different dose now than you were with an older prescription.

Night Cough
dental floss

If you're concerned about dumping expensive but outdated medication, ask your doctor or pharmacist what's safe and what's not.

3 DISCARD PROPERLY

Current, unexpired drugs can go back on the shelf. For everything else, follow the TGA's guidelines for safe disposal so they don't end up in the wrong hands. The preferred method is to bring unwanted medications (prescription, over-the-counter, herbal or complementary supplements, gels, liquids, creams and pet medicines) to your local pharmacy for safe disposal. ■



7 NEED-TO-KNOW FACTS ABOUT DIABETES & YOUR LIVER

Diabetes often goes hand-in-hand with non-alcoholic fatty liver disease. Why is this, and how can you lower your risk?

1 **Non-alcoholic fatty liver disease** (NAFLD) affects up to 70 per cent of people with type 2 and one in three people who have type 1. Along with other things such as being overweight, not doing enough exercise and eating a less-than-healthy diet, diabetes increases the risk of developing NAFLD. But it can work the other way, too – people with NAFLD are five times more likely to develop type 2.

2 **NAFLD is the build-up of excess fat in the liver cells.** While it's normal for the liver to contain some fat, when this accounts for more than 5-10 per cent of the liver's weight, the liver is considered 'fatty'.

3 **NAFLD is more likely to progress** when you're living with diabetes. There are four stages of NAFLD, and while a fatty liver might not cause any damage at stage one, stage two does cause liver damage. Living with diabetes bumps up the risk that stage one of NAFLD will progress to stage two, where the liver becomes inflamed. Over time, this can cause the liver to scar and harden, leading to cirrhosis and possible liver failure.

4 **NAFLD also increases the risk of heart disease** and kidney disease. That's particularly significant for people already living with type 2, because on its own, type 2 doubles the risk of cardiovascular disease, and is the leading cause of end-stage kidney disease in Australia. NAFLD may push these risks even higher.

5 **In its early stages,** NAFLD doesn't usually cause any symptoms. Unfortunately this means it can damage your liver for years or even decades before you start to notice symptoms of late-stage NAFLD.

6 **A blood test can help** keep an eye on liver health. While liver function tests don't always pick up NAFLD, they can throw up warning signs that more investigation and tests, such as an ultrasound, are needed. Talk to your GP for more information.

7 **Making lifestyle changes can help** reduce your risk of NAFLD. These include sticking to a healthy diet, maintaining a healthy weight and doing enough exercise. Those strategies can also help manage NAFLD if you've already been diagnosed. For example, losing more than 10 per cent of your body weight can remove some fat from your liver and improve the inflammation caused by stage two of NAFLD. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

ADELAIDE PARKLANDS

SOUTH AUSTRALIA

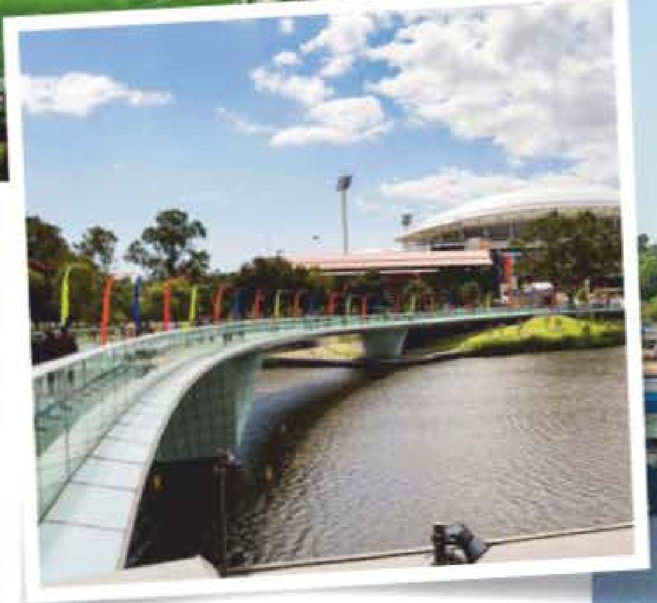
Slip, slop, slap, grab a water bottle and head out to explore the lush greenery of Adelaide's revitalised riverbank precinct

The footy season is right around the corner, so there's no better place to start/end your walk than at one of Australia's most picturesque sporting grounds, Adelaide Oval. Built in 1871, this stadium is home to South Australia's biggest events. If you time this walk right, end your day with an event here.

Nearby, in Cresswell Gardens, is a massive English Oak (*Quercus robur*) called the War Memorial Oak. Planted on 29 August 1914, it holds cultural and national importance as the first tree planted to commemorate WWI by any of the involved countries. Once you've admired this giant, make your way along the ➤

Adelaide

PHOTOGRAPHY (THIS PAGE) SOUTH AUSTRALIAN TOURISM COMMISSION / ADAM BRUZZONE



ABOVE: AFL Football Match, Adelaide Oval. RIGHT: Adelaide Oval. BOTTOM: Palm House, Adelaide Botanic Garden. CIRCLE: Adelaide Zoo.

riverfront to Angas Gardens. Named in recognition of George Fife Angas and his son John Howard Angas' contributions to South Australia, these gardens house sculptures honouring some of the nation's most historic figures, including Gallipoli's Simpson and his donkey.

Continue along the riverfront and cross the historic Albert Bridge. Completed in 1879, this heritage-listed bridge – named for Queen Victoria's husband – is slightly upstream from where the original bridge was destroyed by a flood in 1855.

Nearby is Adelaide Zoo, which is home to more than 2500 animals. Australia's second-oldest zoo, it was opened in 1833 and retains many original buildings and garden designs.

Past the zoo is the 34-hectare oasis known as Botanic Park. Established in 1873, it's popular for picnics and hosts events including Moonlight Cinema and WOMADelaide. Within the park are the Adelaide Botanic Gardens. Open to the public since 1857, they nurture many plants that are at risk, or endangered, in their natural habitats.

Enter through the Friends' Gate, and turn left to begin exploring the many gardens within.

Traverse the spectacular native trees in the Australian Forest and spy a distinctive landmark – the Bicentennial Conservatory. Built in 1988, it is the largest single-span conservatory in the southern hemisphere and displays lush flora from across northern Australia, Papua New Guinea, Indonesia and the nearby Pacific Islands.

From the conservatory, treat your senses with a waltz among 2500 roses in the International Rose Garden, then admire the world's largest freestanding glass sculpture, *Cascade*. If you're a history buff, head back to 1881, at the Santos Museum of Economic Botany.

Past the museum is the stunning Amazon Waterlily Pavilion – a glass palace for the Victoria amazonica waterlily,

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** PORT ADELAIDE FOOTBALL CLUB, SOUTH AUSTRALIAN TOURISM COMMISSION, FRANKIE THE CREATIVE, ZOOS SA / ADRIAN MANN, ADELAIDE CONVENTION CENTRE / SIMON CASSON PHOTOGRAPHY

ADELAIDE CONVENTION CENTRE

Adelaide Convention Centre.

usually only found in the backwaters of the Amazon River. To see the flowers in full bloom, it's best to visit between September and April. But you'll have to be quick, as each flower only lasts for about 48 hours before it sinks back underwater.

Nearby is the heritage-listed Palm House. This restored Victorian glasshouse was imported from Bremen, Germany, in 1875. Today, it houses a collection of plants from Madagascar within warm, dry growing conditions.

When you've finished admiring the Botanic Gardens, exit through the Gingko Gate, turn right onto Frome Rd, then take a left at Victoria Drive. Stroll through Grundy Gardens and make your way back to the riverfront.

Continue past multiple rowing clubs and Elder Park, until you approach The Riverbank Bridge. This pedestrian bridge will take you back to Adelaide Oval, should you have completed your steps.

Haven't quite hit 10,000 yet? Continue along the waterfront, past Adelaide Convention Centre and the Torrens River Weir Gate, turn left and cross the train tracks to visit Adelaide Gaol. This was the longest continuously operating prison in Australia (1841-1988), and the first permanent jail in South Australia. During its 147 years of operation, it housed roughly 300,000 prisoners – men, women and children, as well as those who, at the time, were referred to as 'lunatics'. Today you can take a tour to hear their stories, or visit in the evening for a Ghost Tour around South Australia's most haunted site.

Head back to the Torrens River Weir Gate and cross the river to return to Adelaide Oval, where you'll complete your walk. ■

The *RIVER*

Throughout this walk, you will find yourself meandering along the River Torrens. More commonly known as Karrawirra Parri (meaning "river of the Red Gum forest", referring to the eucalyptus forest that once lined the banks prior to European settlement), the waterway was originally named by the Kaurna people. Today it is the ideal destination for water activities, including rowing, kayaking and model powerboat racing.

YOUR puzzles

Grab a cuppa and a comfy chair and put your brainpower to the test

Wordsearch

Look for the food items on the wordsearch list in straight lines, reading in any direction. Letters may be used more than once.

Alfalfa
Apple
Banana
Barley
Beans
Cabbage
Celery
Chia seeds
Coriander
Cranberries
Garlic
Ginger
Grapes
Kale
Leeks
Lentils
Lettuce
Mango
Mint
Oats
Parsley
Pear
Peas
Pulses
Pumpkin
Quinoa
Raspberries
Rye
Wheat

E	O	J	C	R	A	N	B	E	R	R	I	E	S	F
Y	F	G	H	V	R	E	D	N	A	I	R	O	C	N
R	J	V	N	U	T	E	D	L	E	U	T	N	I	M
G	W	R	M	A	C	W	F	R	P	L	R	K	U	B
T	K	W	E	U	M	A	E	E	U	S	P	W	A	R
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L	M	C	N	I	R	R	Q	E	Z	U	E	T	O	R
P	D	A	H	I	G	L	E	P	Q	P	R	N	A	R
P	B	C	U	F	U	K	I	H	E	T	Y	E	T	I
A	W	S	O	Q	S	Q	M	C	I	A	R	L	S	E
Y	E	L	S	R	A	P	Y	Q	R	E	S	G	D	S

Crossword puzzle

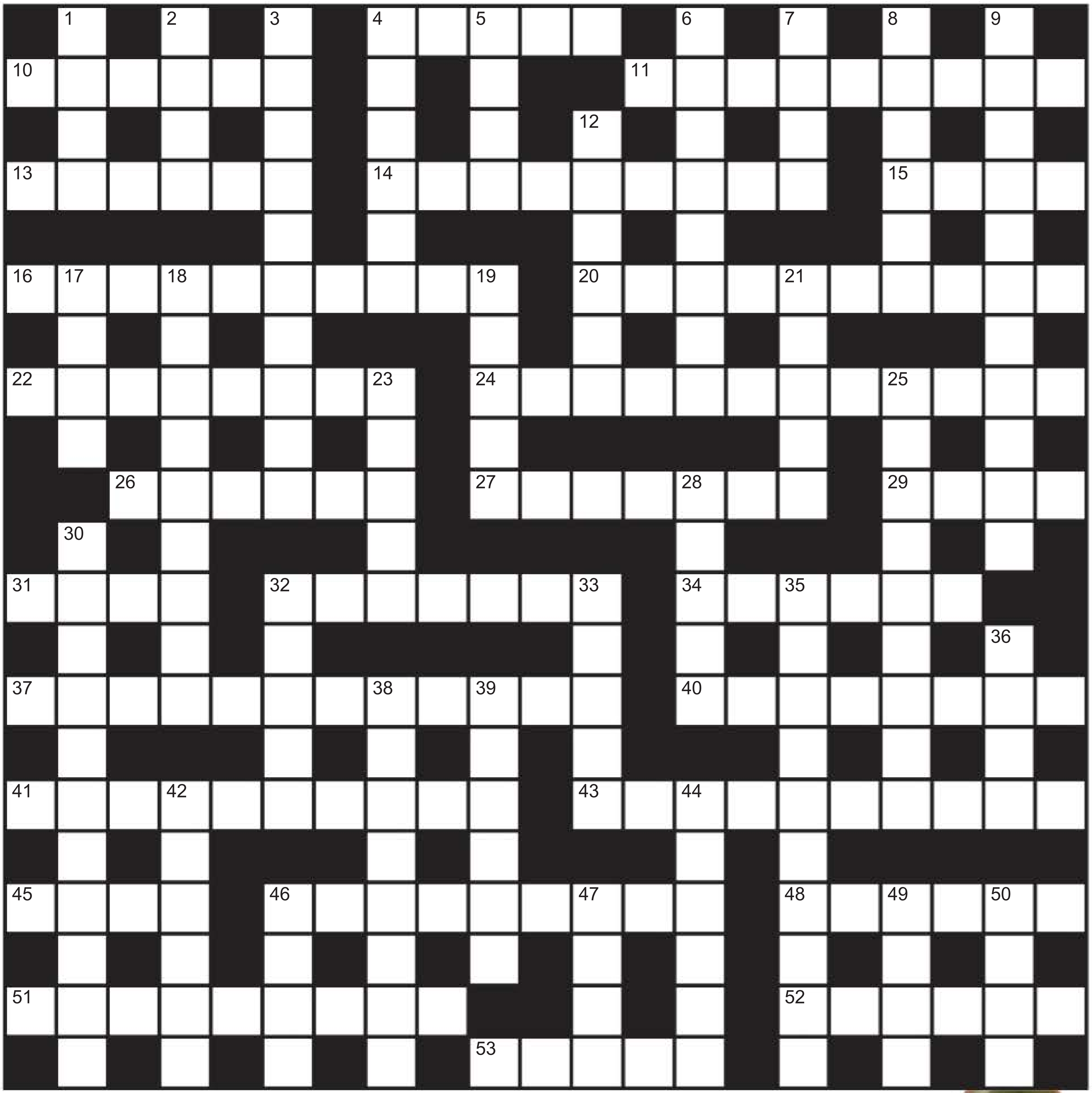
Sink your teeth into our challenging crossword

ACROSS

4 France's capital city (5)
10 Ottawa's country (6)
11 Venomous Australian spider (6-3)
13 Preferable (6)
14 Pull down, take apart (9)
15 Type of meat (4)
16 Extraordinary (10)
20 Inspect critically (10)
22 Reduce staff numbers (8)
24 One of the stars of *Big Little Lies* (6,6)
26 Vital impulse or urge (6)
27 Americans (colloq) (7)
29 Truthful statement (4)
31 Poses a question (4)
32 Opposite of western (7)
34 Rough drawing (6)
37 Compulsory military service (12)
40 Poet –, national bard (8)
41 Metal figurine of an army member (3,7)
43 Starting up (10)
45 *Let* –, Beatles song (2,2)
46 Roosters (9)
48 Small pet canine (6)
51 Beyond measure (9)
52 Native American tribe (6)
53 Fit for Muslim consumption (5)

DOWN

1 Not female but – (4)
2 Piece, bit (4)
3 Tasty fish (10)
4 Forgive, excuse (6)
5 Diana –, *Chain Reaction* singer (4)
6 Concerning refinement (8)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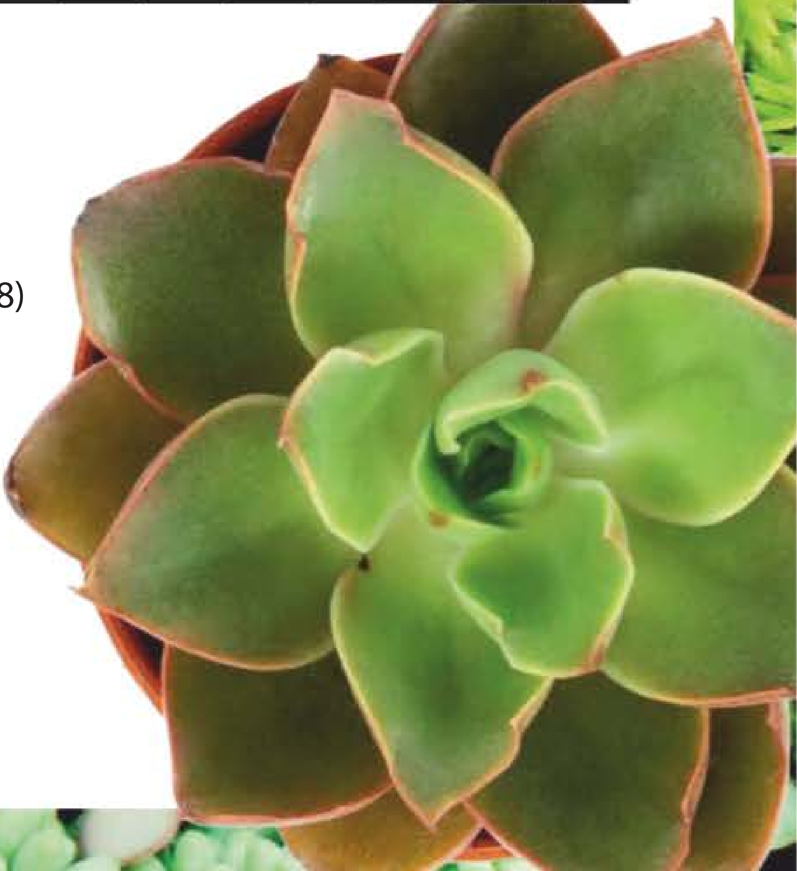
7 One time only (4)
8 Number of players in a cricket team (6)
9 Rebirth, revival (11)
12 Astronomical distance measure (6)
17 Dewey and Louie's sibling (4)
18 Beautiful youth who fell in love with his own image (9)
19 – Kravitz, rocker (5)
21 Removes (5)
23 Hula –, ring-shaped toys (5)
25 Insufficient (9)
28 Artist's stand (5)
30 Organisation (11)
32 Register for, sign up (5)
33 Japanese martial artist (5)
35 Tantamount to (10)
36 Astound, amaze (4)
38 – Leia, *Star Wars* heroine (8)
39 Jerusalem's country (6)
42 Brown colour (6)
44 Fancy frilled knot (6)
46 Brown soda (4)
47 Nobleman (4)
49 Surface a road (4)
50 Main Hawaiian Island (4)

Solutions on page 135



ADDITIONAL PHOTOGRAPHY GETTY IMAGES

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 POWER OF ACCEPTANCE

Why am I sick? What did I do to deserve this? We're sure you've asked these questions. Rather than blaming yourself, use your diagnosis as a chance to focus on you. It's a long journey, but the moment you begin to accept it, the quicker you pave the way towards a healthier, happier self. Accept that life is uncertain and you will have setbacks. Each time you accomplish something, no matter how small, celebrate it. Although this may be a challenging, and seemingly isolating, road, once you find your people (for online communities, search "Diabetes Support Australia" on Facebook Groups to get started) and find your voice, the road to acceptance and a healthier you is easier.

2 CYCLE AWAY

As the leaves are falling from the trees and nature changes colour, there's no better time to head outside and go for a leisurely cycle. Whether you travel around a bike-friendly city, or take a ride through a park, researchers from the University of Illinois found that a 5 per cent increase in cardio-respiratory fitness (through cycling) can improve your mental performance. When cycling, there is an increase in blood flow and oxygen, which boosts your body's ability to build new brain cells in the hippocampus (the region of your brain responsible for memory).

Want to attend a cycling class or need to learn how to ride a bike? Check your state and local council for any recommendations or classes available, or visit bikewise.com.au (for adults) or letsride.com.au (for kids).

> "Life is like riding a bicycle. To keep your balance you must keep moving"
>
> – Albert Einstein

3

TAP INTO A PASSION

Find your mojo and develop new skills by taking on a new hobby. Perhaps you've always wanted to learn to make a macramé wall hanging, or you're intrigued to try something new (we're thinking pottery, cooking or maybe calligraphy!). Whatever the case, there are lots of ways to learn new skills.

Taking up a new hobby doesn't just give you something to do – when you find something you are passionate about, it also becomes part of your life. This hobby will help you relieve stress and take your mind off the busyness of life, and will also increase your confidence and self-esteem as you take pride in your accomplishments, improve your social life through creating a bond with others who have similar interests and increase your cognitive health through combining hand-eye coordination, which will keep your brain sharp as you age. To get started, google "art and craft classes near me" or, if you have a specific skill you want to learn, search "[insert skill here] classes near me". ➤

4

IMPOSTER ALERT

Ever feel like you're in way over your head, and you're simply waiting for someone to find out? You're not alone. According to a study published in the *International Journal of Behavioural Science*, 70 per cent of people feel this way – it's called imposter syndrome. But it's not a disease or abnormality. Rather, it's a sense of fraudulence – and no amount of success or compliments will ever make that feeling go away.

Often these feelings may stop you from reaching a certain goal, applying for a job or simply sharing an idea. Although many people have long said to start talking about it, the best thing is to focus on your internal thinking. If you think you're confident, for example, over time you will begin to believe you are. Learn to ask questions regularly, and begin to use the advice given and learn from it to better enrich yourself. Eventually the feeling of being an imposter becomes an "imposter moment".

imposter
syndrome

5

LEARN TO DO NOTHING

As the new year is well underway, now is the best time to get in the habit of switching off. No, we don't just mean turning technology off, we mean completely switching off, even from ourselves. The Dutch lifestyle concept, *niksen*, simply requests that you do nothing. No reading or listening to podcasts. No watching television or scrolling through social media. It's taking a moment to let your mind do absolutely nothing. Although it's not always possible, you can start by simply grabbing a coffee and staring out of a window for 10-15 minutes. By doing this each day, you allow your body and mind to pause, take a break and refresh – letting you gather thoughts, gain perspective and ultimately relieve stress – and, over time, you will become more comfortable with the idea of nothingness. ■

> ***Try to think yourself confident***

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

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22 Salmon with mango & avocado salad 🟡🟣
60 Spicy Thai noodles with chicken 🟠
32 Stir-fried chicken with broccoli & brown rice 🟠

SIDES

56 Honeyed turnips 🟡🟢
53 Kale and root vegetable salad 🟠🟢
55 Lemon toasted farro and cauliflower pilaf 🟢
54 Roasted rosemary pumpkin 🟡🟢🟣

DESSERTS

75 Chia and passionfruit pudding 🟡🟢🟣
74 Chocolate espresso panna cotta 🟡🟣
75 Cranberry granita 🔵🟡🟢🟣
74 Watermelon, mint and strawberry fruit salad 🟡🟢🟣
79 60-second dessert 🟡🟢

KEY 🔵 Freezable 🟡 Gluten free 🟠 Gluten-free option 🟢 Vegetarian 🟣 Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. Note: Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

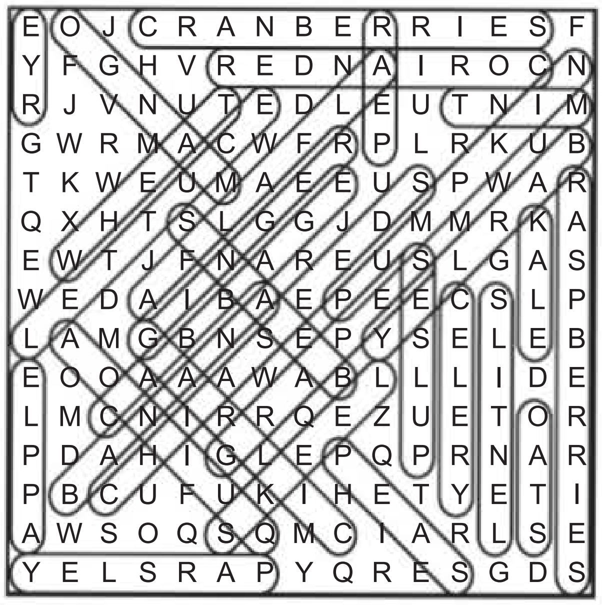
LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

puzzles *solutions*

Crossword

Across: 4 Paris, 10 Canada, 11 Funnel-Web, 13 Better, 14 Dismantle, 15 Veal, 16 Phenomenal, 20 Scrutinise, 22 Retrench, 24 Nicole Kidman, 26 Libido, 27 Yankees, 29 Fact, 31 Asks, 32 Eastern, 34 Sketch, 37 Conscription, 40 Laureate, 41 Tin Soldier, 43 Activating, 45 It Be, 46 Cockerels, 48 Lapdog, 51 Countless, 52 Navaho, 53 Halal.
Down: 1 Male, 2 Part, 3 Barramundi, 4 Pardon, 5 Ross, 6 Cultural, 7 Once, 8 Eleven, 9 Renaissance, 12 Parsec, 17 Huey, 18 Narcissus, 19 Lenny, 21 Takes, 23 Hoops, 25 Deficient, 28 Easel, 30 Association, 32 Enrol, 33 Ninja, 35 Equivalent, 36 Stun, 38 Princess, 39 Israel, 42 Sienna, 44 Tassel, 46 Cola, 47 Earl, 49 Pave, 50 Oahu.

Wordsearch



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Trigger WARNINGS

Our resident type 1 columnist, Rob Palmer, explains how past mistakes led him to change his approach for the better

Triggered is a word that – thanks to my 14-year-old – I've come to realise covers a variety of circumstances. Generally, it's a negative thing, like being triggered into anger or disappointment through an event or action. However, I'm usually keen to turn a negative into a positive so I thought back on a couple of pretty major 'triggers' that were extremely negative in experience, before giving way to positive action that truly bolstered my diabetes management.

As an apprentice chippie 20 years ago, I was not fabulous on BGL checks. I often made the assumption that I knew the score and would dose insulin according to my gut feel. I was sent for lunch one day and had given myself insulin before the trip, assuming my BGL was about 12 or 15. That was a big guess, but (surprise, surprise) it was wrong. In fact, my BGL must have been closer to 5 because as I was ordering the team's food I became 'hypo stupid'. I couldn't concentrate or remember the simplest conversation. My final action before an ambulance was called by the shopkeeper was to sit on the floor of the newsagent and stare at the shelf of chocolate bars, unable to command myself to grab one and eat it.

That trigger event was my cue to begin rigorous BGL checking every day and realise that my success in diabetes management was reliant on a more consistent watch. The next 15 years were far more stable and I had that memory of the massive stuff up to ensure that I didn't drop the ball too many times.

Trigger two was the day I hit the floor in front of my three young children as I was preparing dinner. Sure, I was regular with my BGL checks, but my approach to insulin use, exercise and diet was reactive and at times dangerous. I had been micro-dosing insulin one afternoon to combat a rising BGL. In short, I had a lack of patience and way too much insulin on board for the time of day and timing on dinner.

> “I would dose insulin according to my gut feel

As I collapsed to the floor in front of a one-, eight- and 10-year-old I remember a feeling of regret and disappointment in myself as the desperation for glucose set in. The older kids were magnificent, though they shouldn't have needed to be. I was roused by a neighbour, two ambulance officers and my kids. My daughter apologised for not getting a pillow for me sooner when she saw my badly bruised face. This event was a huge trigger and was the catalyst for my switch to insulin pump technology. The pump, in combination with a continuous glucose monitor, has been the most positive response to a negative trigger in my life to date. It has given me a freedom and independence that just didn't exist before.

Beyond that most significant trigger event, and more importantly due to the resulting positive change, I've noticed renewed confidence from my family in my management of my diabetes, and those hypo events that scared the pants off them in the past have disappeared altogether. ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO), GETTY IMAGES

Stops unwanted weight gain

Too much Insulin in your body causes weight gain

This is why healthy eating is vital. Healthy eating manages your blood glucose, cholesterol and blood pressure levels better. It helps with your weight, boosts your energy and improves your wellbeing.

So an Australian dietician developed low GI BodyCare Nutrition Revitalise. It is a delicious multi-vitamin and mineral health shake. Revitalise is a very low calorie formula and contains essential amino acids and fibre. It also has a low glycemic load.

Healthy eating can be challenging. Reaching for a biscuit, chocolate bar, cake or soft drink can be very tempting at times. Consuming too many of these foods can play havoc with your blood sugar levels. You will probably experience weight gain. If any of this sounds familiar you should try Revitalise.

Weight loss and weight management made easy

Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. With low GI Revitalise, carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces Insulin load and Insulin resistance.

Reduces Insulin levels

The combination of Low GI and healthy levels of protein and fibre means Revitalise helps to stop grazing or snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which reduces blood glucose and Insulin levels.

Revitalise helps stop unwanted weight gain. It can even help you to lose weight and keep it off, when part of a healthy eating plan and exercise. Because **Revitalise is not a meal replacement**, it is perfect to drink between meals or as part of a meal.

Better managing your weight leads to better Insulin control

Here's how Revitalise has helped some people improve their lives...

> ***I feel fantastic and I'm not hungry!***
>
> “*I have type II diabetes. I started using Revitalise as a pre-workout early morning shake and oh wow, I have got stamina to keep up and I feel fantastic. So far I'm going well and I'm not even hungry after work outs. - M. D., Qld.*”
>
> ***No cravings for chocolate and my energy levels increased!***
>
> “*I am feeling the benefits of drinking Revitalise. My energy levels have definitely increased, which is lovely!*
>
> ***One week later:*** *I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. - Bernadette Heap, N.S.W.*”

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP $32.95 Revitalise, gives you 14 serves (2 weeks supply).

Free delivery for online orders

Revitalise is available from the stores below and online from **bodycarenutrition.com.au**. Insert Coupon Code **goodhealth2020** into the shopping cart for **free delivery**. Offer expires 12/04/20.

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